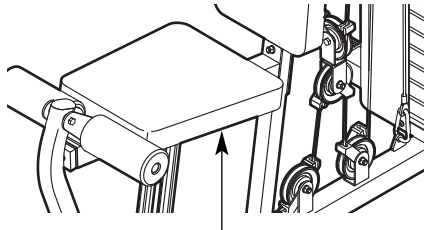


WEIDER® 4990 I

Model No. WEEVSY2909.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009

From Ireland: 053 92 36102

E-mail: www.iconsupport.eu

Write:

ICON Health & Fitness, Ltd.

c/o HI Group PLC

Express Way

Whitwood, West Yorkshire

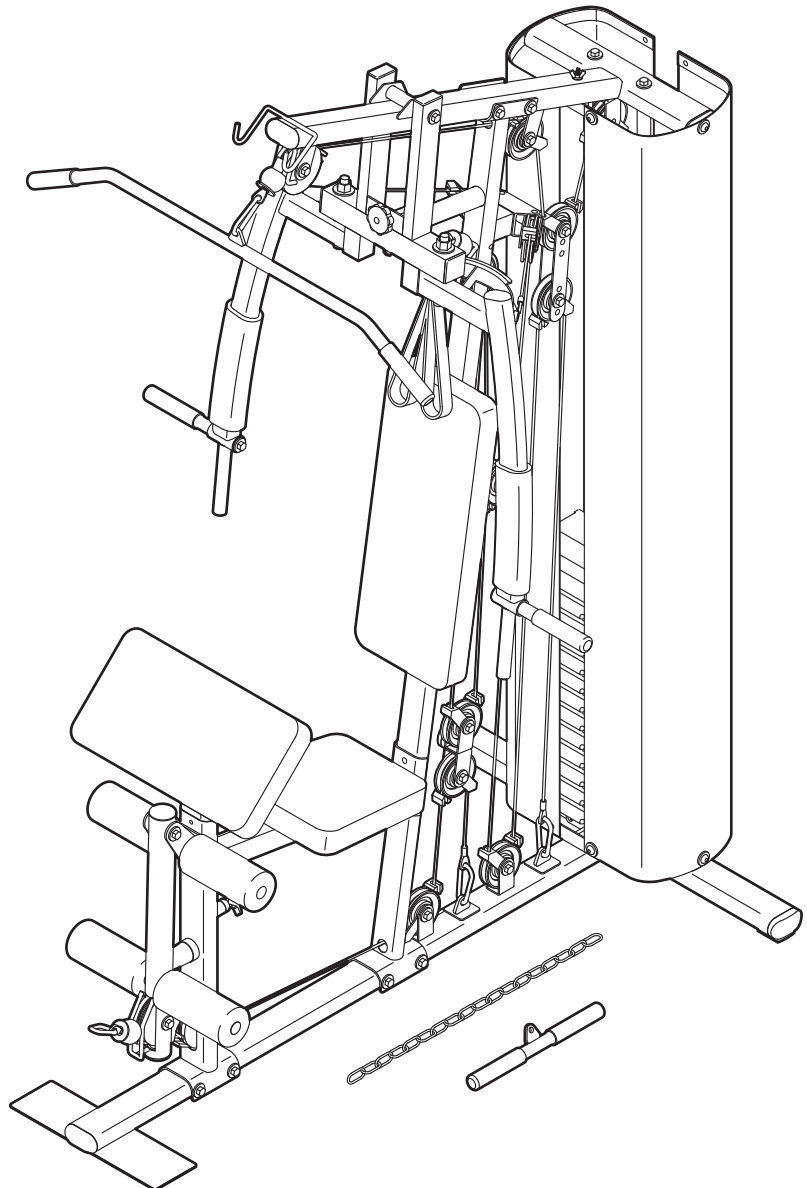
WF10 5QJ

UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



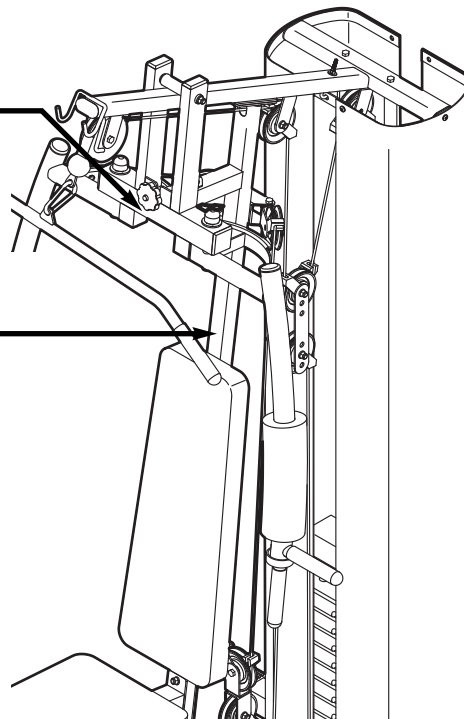
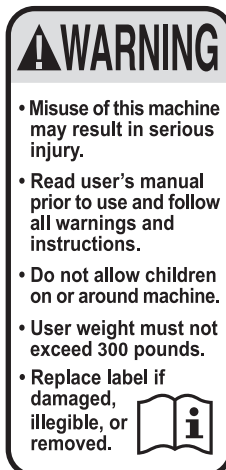
www.iconeurope.com

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight system before using your weight system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the weight system at all times.
7. The weight system should not be used by persons weighing more than 300 lbs. (136 kg).
8. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on the weight system. Always wear athletic shoes for foot protection.
9. Keep hands and feet away from moving parts.
10. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on the pulleys.
11. Never release the arms, leg lever, lat bar, rower bar, or ab handle while weights are raised. The weights will fall with great force.
12. Always disconnect the lat bar and the rower bar from the weight system when performing an exercise that does not require them.
13. To prevent tipping, always sit on the seat or stand on the foot plate while using the weight system.
14. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
15. Use the weight system only as described in this manual.

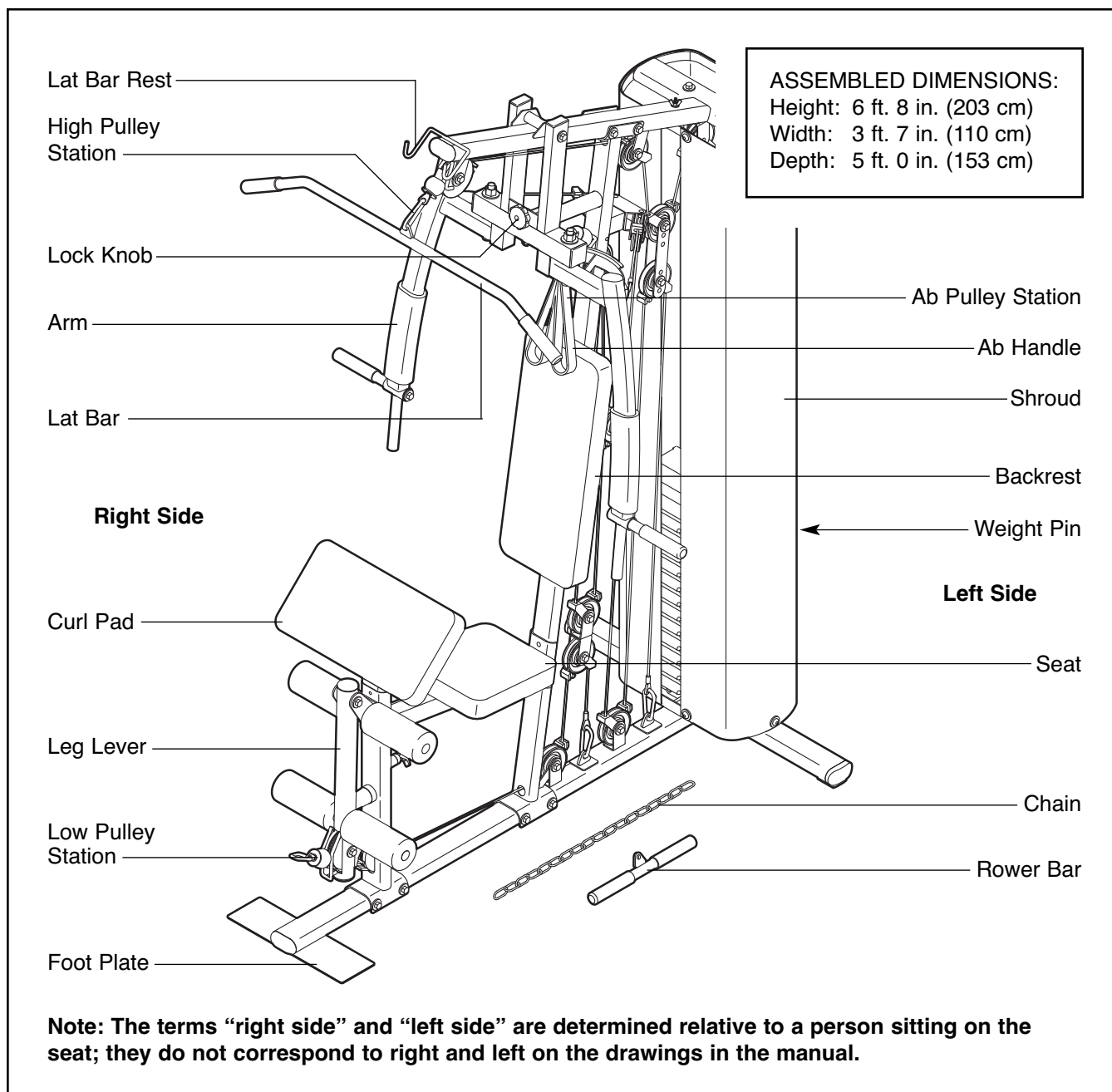
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 4990 I weight system. The 4990 I weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using your weight system. If you have questions

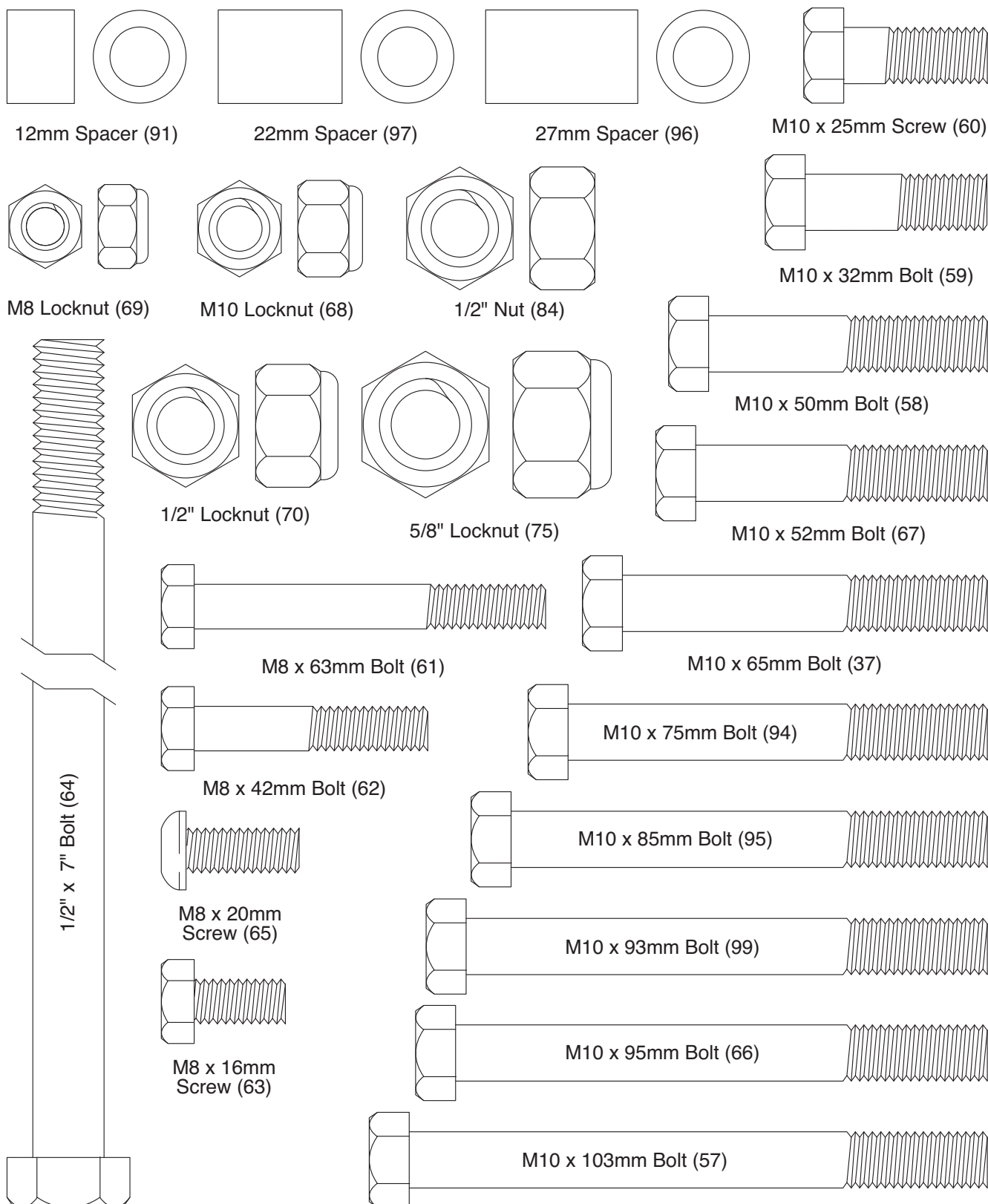
after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

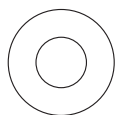
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



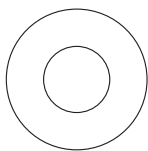
PART IDENTIFICATION CHART

Refer to the drawings below and on page 6 to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled.**

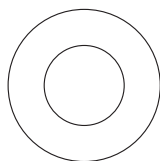




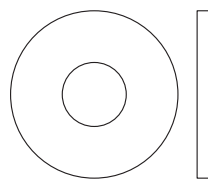
M6 Washer (79)



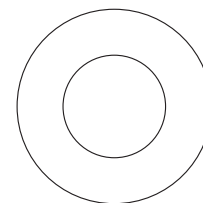
Small M8 Washer (74)



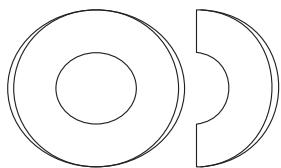
M10 Washer (73)



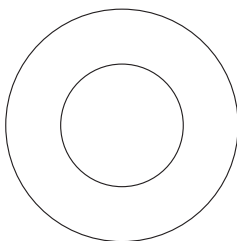
Large M8 Washer (98)



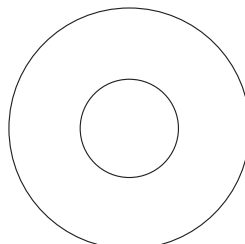
1/2" Washer (72)



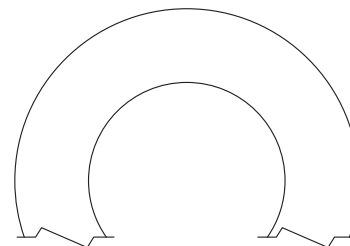
M10 Curved Washer (20)



5/8" Washer (71)



13mm Washer (78)



26mm Washer (77)

ASSEMBLY

To make assembly easier, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, assemble the weight system in the location where it will be used. Make sure that there is enough clearance to walk around the weight system.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on pages 5 and 6.

- The following tools (not included) may be required for assembly:

two adjustable wrenches



one rubber mallet



one standard screwdriver



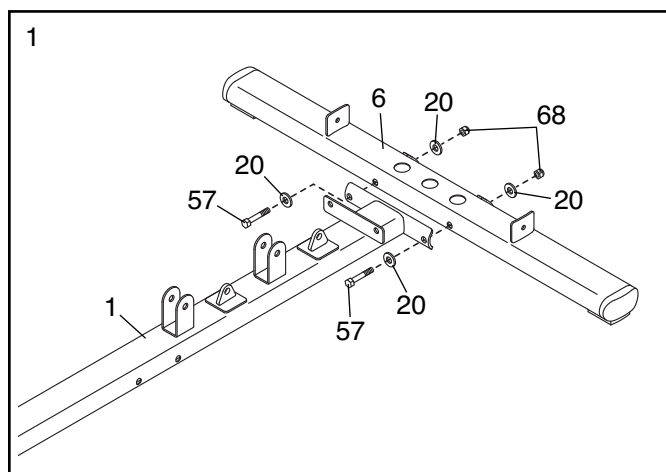
one Phillips screwdriver



Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

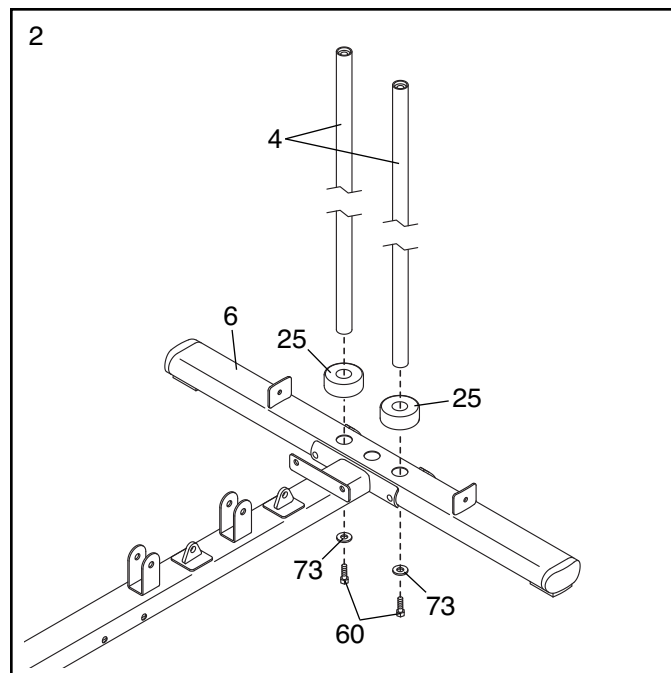
1. Orient the Short Base (6) and the Long Base (1) as shown.

Attach the Short Base (6) to the Long Base (1) with two M10 x 103mm Bolts (57), four M10 Curved Washers (20), and two M10 Locknuts (68).



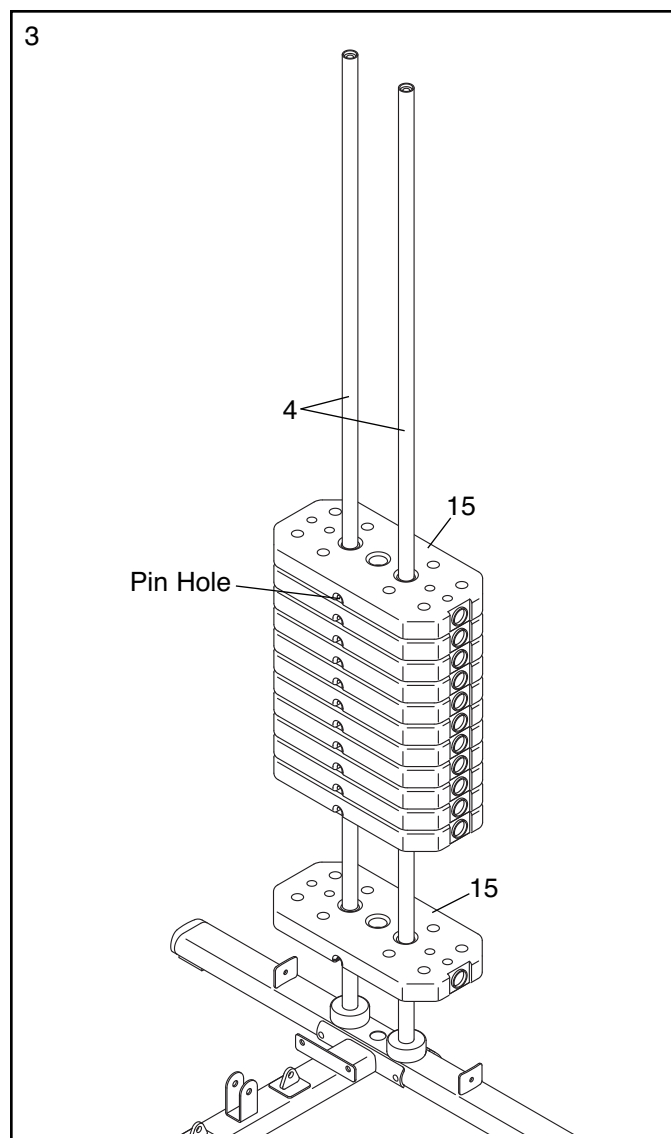
2. Slide the two Weight Bumpers (25) onto the Weight Guides (4), and insert the Weight Guides into the Short Base (6).

Attach the Weight Guides (4) to the Short Base (6) with two M10 x 25mm Screws (60) and two M10 Washers (73).



3. Orient the twelve Weights (15) so that the pin holes are on the bottom of the Weights as shown.

Slide the Weights (15) onto the Weight Guides (4).



4. Orient the Top Weight Bushing (26) and the Weight Selector (7) as shown. Slide the Top Weight Bushing onto the Weight Selector, and align the hole in the Top Weight Bushing with the highest hole in the Weight Selector.

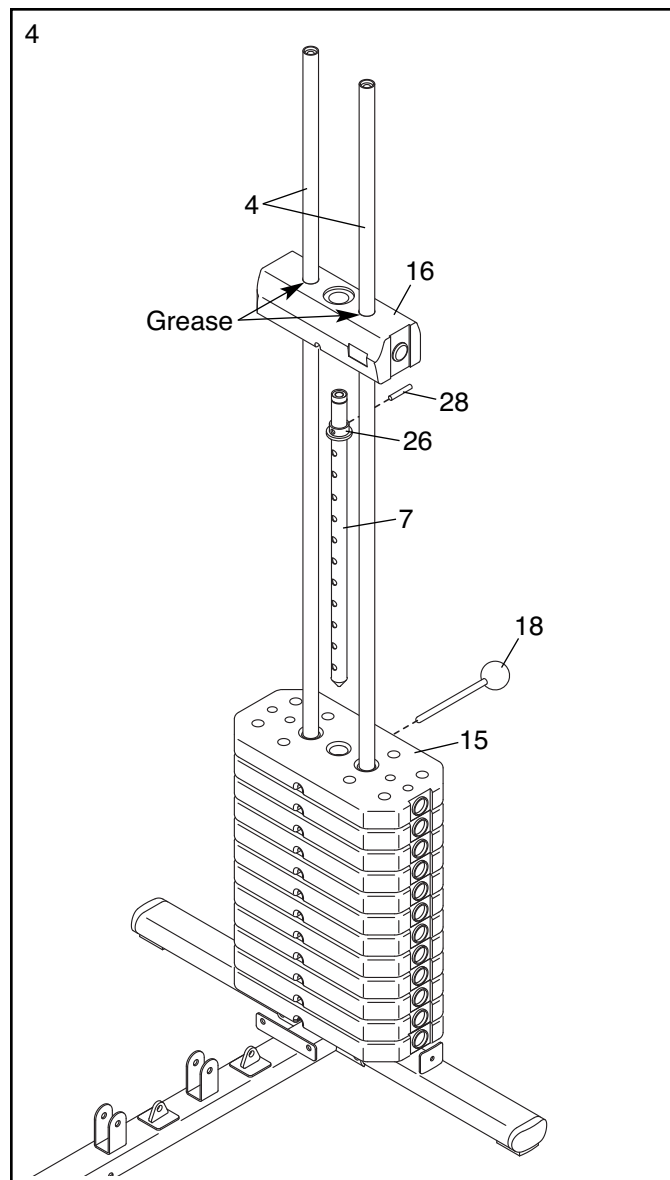
Next, insert the Bushing Pin (28) into the Top Weight Bushing (26) and the Weight Selector (7).

Then, insert the Weight Selector (7) into the twelve Weights (15).

Next, apply some of the included grease to the indicated holes in the Top Weight (16).

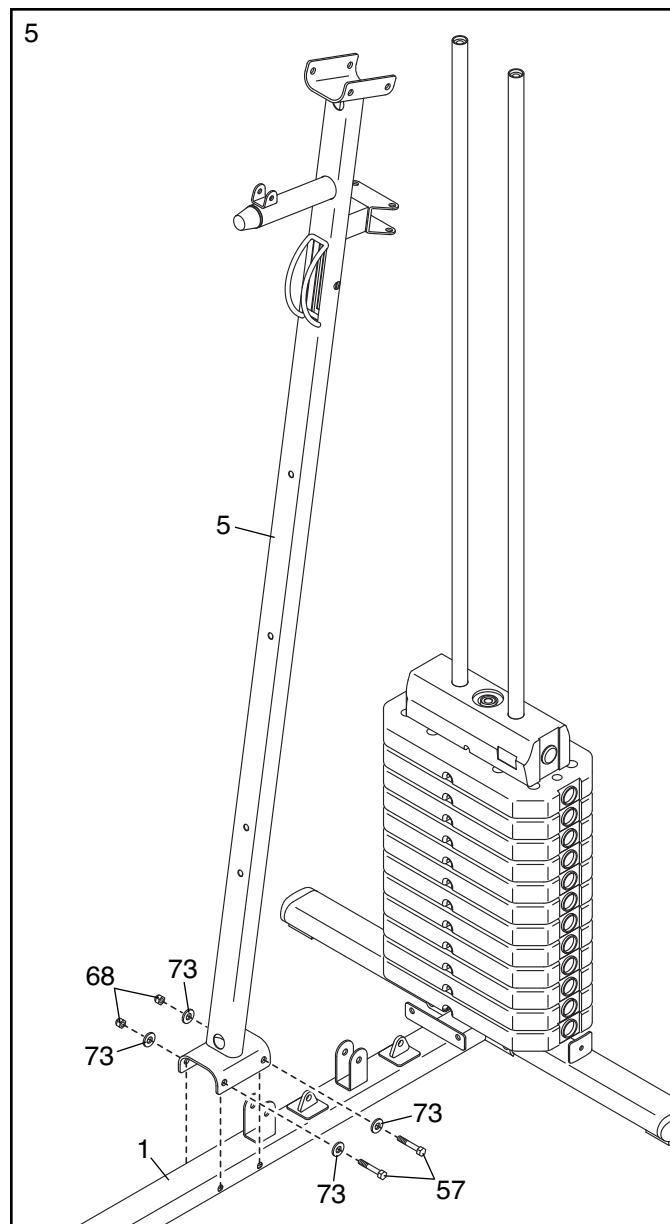
Slide the Top Weight (16) onto the Weight Guides (4), and press the Top Weight down onto the Weight Selector (7).

Then, insert the Weight Pin (18) into one of the Weights (15).



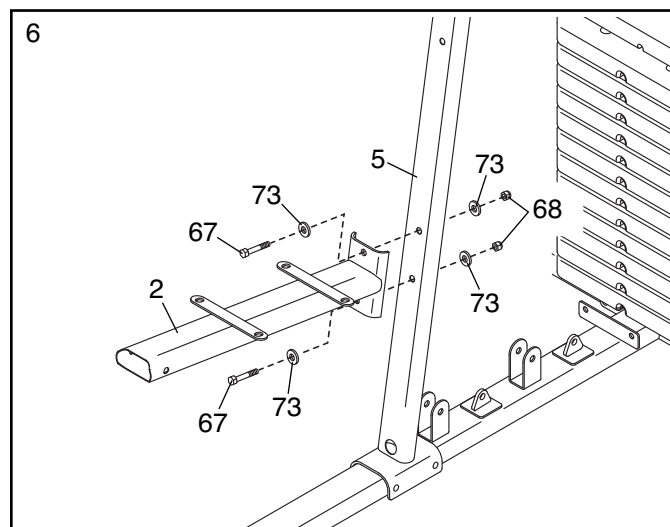
5. Orient the Upright (5) as shown.

Attach the Upright (5) to the Long Base (1) with two M10 x 103mm Bolts (57), four M10 Washers (73), and two M10 Locknuts (68); **do not tighten the Locknuts yet.**



6. Orient the Seat Frame (2) as shown.

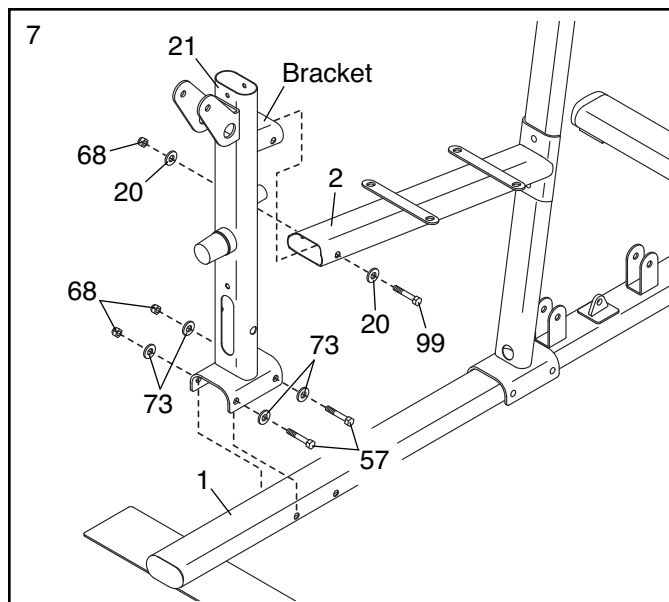
Attach the Seat Frame (2) to the Upright (5) with two M10 x 52mm Bolts (67), four M10 Washers (73), and two M10 Locknuts (68); **do not tighten the Locknuts yet.**



7. Orient the Leg (21) as shown.

Insert the indicated bracket on the Leg (21) into the Seat Frame (2). Attach the Leg to the Seat Frame with an M10 x 93mm Bolt (99), two M10 Curved Washers (20), and an M10 Locknut (68); **do not tighten the Locknut yet.**

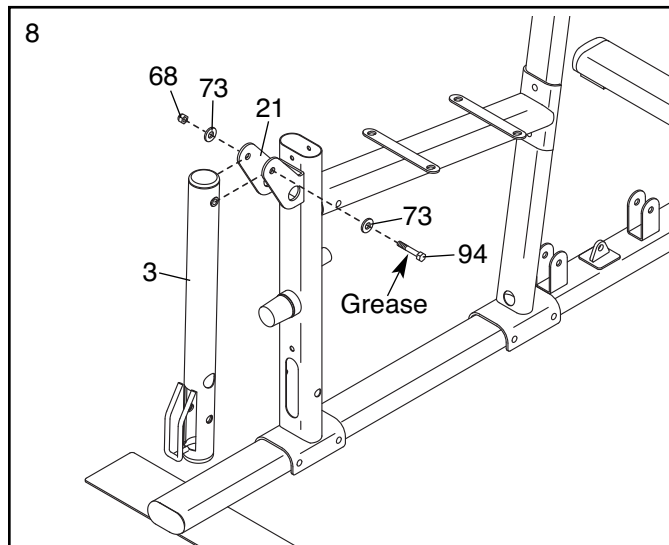
Next, attach the Leg (21) to the Long Base (1) with two M10 x 103mm Bolts (57), four M10 Washers (73), and two M10 Locknuts (68); **do not tighten the Locknuts yet.**



8. Apply grease to an M10 x 75mm Bolt (94).

Orient the Leg Lever (3) as shown.

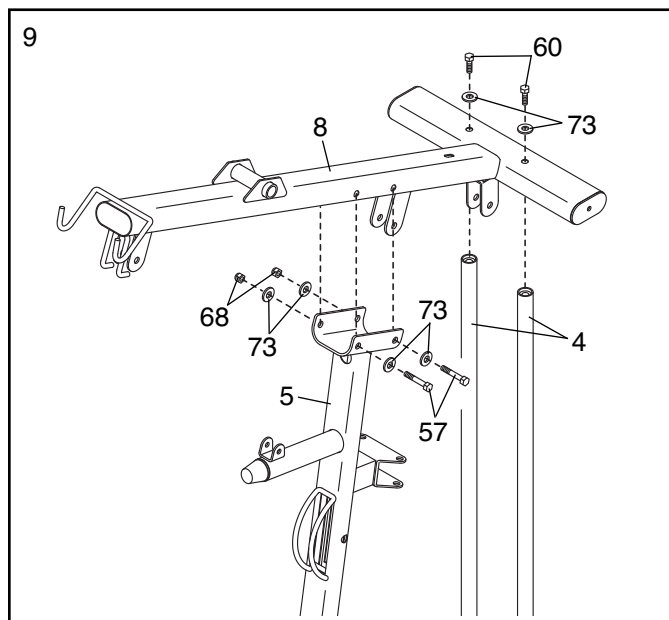
Attach the Leg Lever (3) to the Leg (21) with the M10 x 75mm Bolt (94), two M10 Washers (73), and an M10 Locknut (68). **Do not overtighten the Locknut; the Leg Lever must pivot easily.**



9. Attach the Top Frame (8) to the Upright (5) with two M10 x 103mm Bolts (57), four M10 Washers (73), and two M10 Locknuts (68); **do not tighten the Locknuts yet.**

Then, attach the Top Frame (8) to the Weight Guides (4) with two M10 x 25mm Screws (60) and two M10 Washers (73).

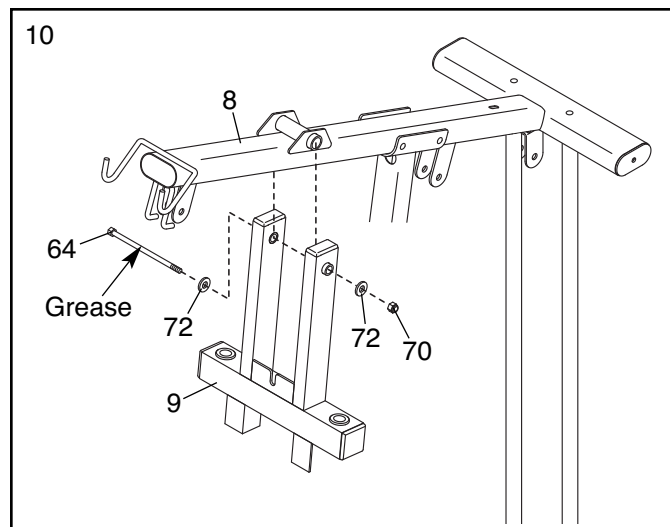
See steps 5 through 9. Tighten all of the M10 Locknuts (68).



10. Apply grease to a 1/2" x 7" Bolt (64).

Orient the Arm Frame (9) as shown.

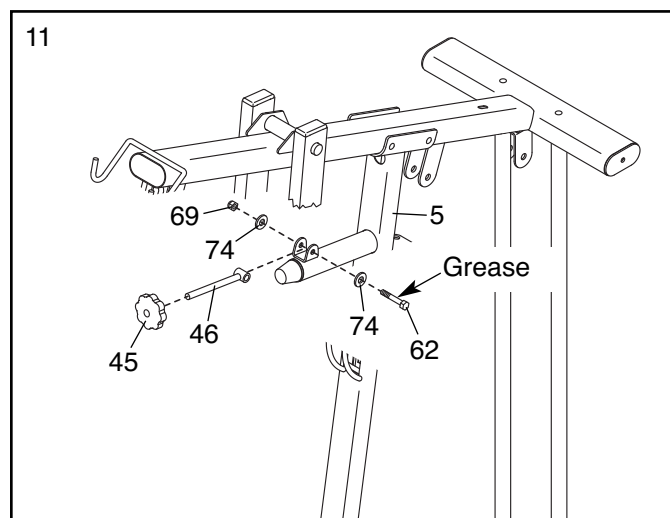
Attach the Arm Frame (9) to the Top Frame (8) with the 1/2" x 7" Bolt (64), two 1/2" Washers (72), and a 1/2" Locknut (70). **Do not over-tighten the Locknut; the Arm Frame must pivot easily.**



11. Apply grease to an M8 x 42mm Bolt (62).

Hold the Lock Rod (46) inside the bracket on the Upright (5). Attach the Lock Rod with the M8 x 42mm Bolt (62), two Small M8 Washers (74), and an M8 Locknut (69). **Do not over-tighten the Locknut; the Lock Rod must pivot easily.**

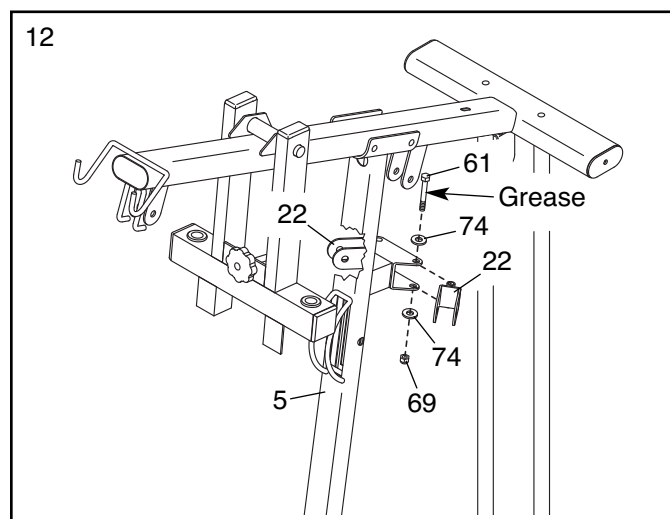
Then, tighten the Lock Knob (45) onto the end of the Lock Rod (46).



12. Apply grease to an M8 x 63mm Bolt (61).

Attach a U-bracket (22) to one side of the Upright (5) with the M8 x 63mm Bolt (61), two Small M8 Washers (74), and an M8 Locknut (69). **Do not overtighten the Locknut; the U-bracket must pivot easily.**

Attach the other U-bracket (22) to the Upright (5) in the same way.



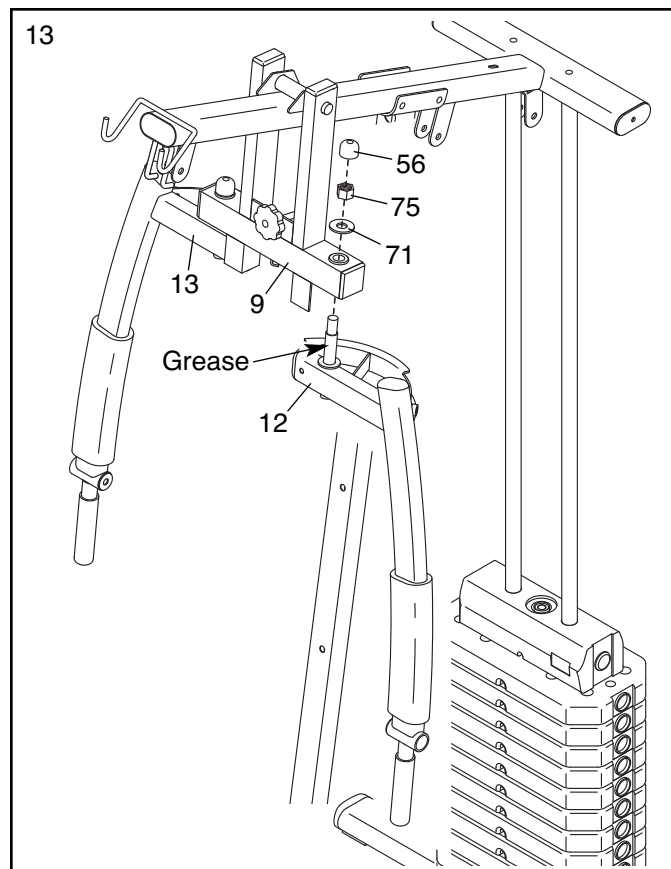
13. Identify the Left Arm (12), which is marked with an "L" sticker, and orient it as shown.

Apply grease to the axle on the Left Arm (12).

Insert the Left Arm (12) into the Arm Frame (9). Attach the Left Arm with a 5/8" Locknut (75) and a 5/8" Washer (71). **Do not overtighten the Locknut; the Left Arm must pivot easily.**

Then, press a 5/8" Domed Cap (56) onto the 5/8" Locknut (75).

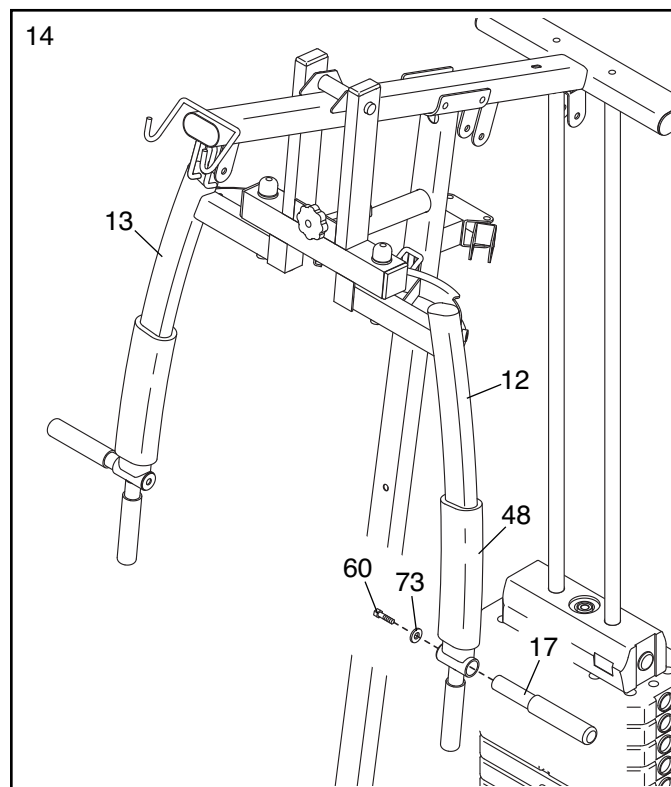
Attach the Right Arm (13) in the same way.



14. Slide a Large Foam Pad (48) onto the Left Arm (12).

Insert a Handle (17) into the Left Arm (12). Attach the Handle with an M10 x 25mm Screw (60) and an M10 Washer (73).

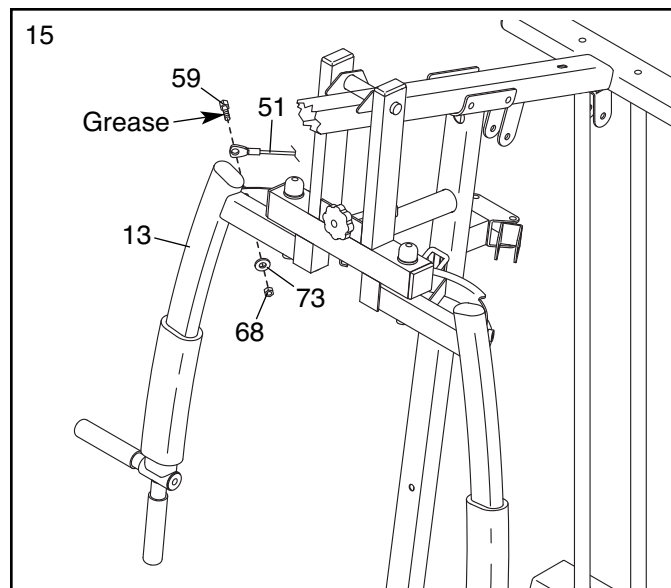
Repeat this step for the Right Arm (13).



15. See the CABLE DIAGRAM on page 27 and identify the Arm Cable (51).

Apply grease to an M10 x 32mm Bolt (59).

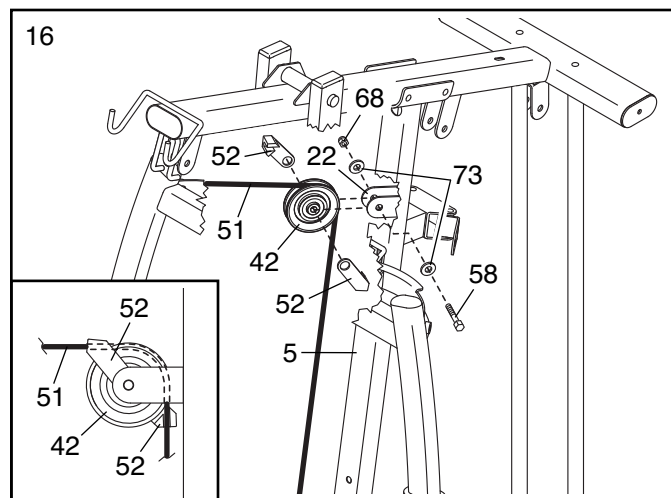
Attach one end of the Arm Cable (51) to the Right Arm (13) with the M10 x 32mm Bolt (59), an M10 Washer (73), and an M10 Locknut (68). **Do not overtighten the Locknut; the end of the Arm Cable must pivot easily.**



16. Route the Arm Cable (51) over a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) to the right U-bracket (22) on the Upright (5) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68). **Make sure that the Cable Guides are oriented as shown.**

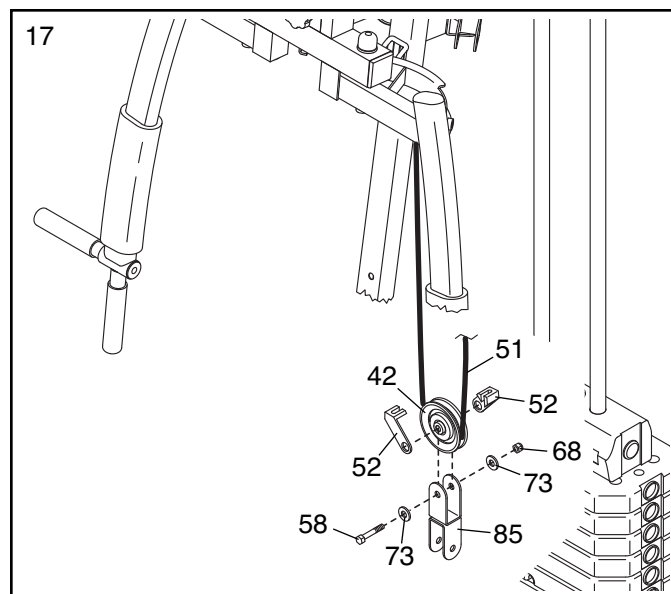
See the inset drawing. Make sure that the Cable Guides (52) are holding the Arm Cable (51) in the groove of the Pulley (42).



17. Route the Arm Cable (51) under a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) to one end of the Offset Double U-bracket (85) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

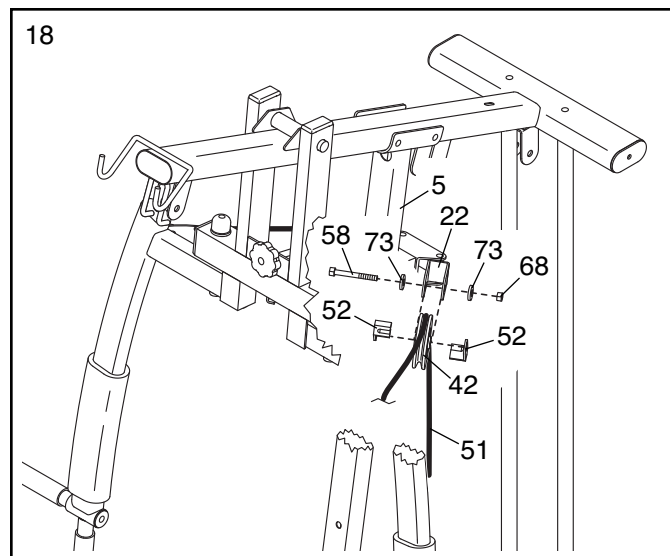
Make sure that the Cable Guides (52) are holding the Arm Cable (51) in the groove of the Pulley (42).



18. Route the Arm Cable (51) over a Pulley (42).

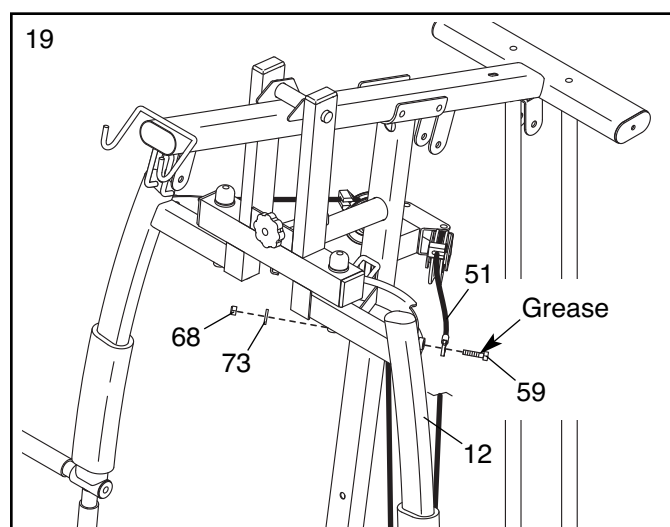
Attach the Pulley (42) and two Cable Guides (52) to the left U-bracket (22) on the Upright (5) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Cable Guides (52) are holding the Arm Cable (51) in the groove of the Pulley (42).



19. Apply grease to an M10 x 32mm Bolt (59).

Attach the end of the Arm Cable (51) to the Left Arm (12) with the M10 x 32mm Bolt (59), an M10 Washer (73), and an M10 Locknut (68). **Do not overtighten the Locknut; the end of the Arm Cable must pivot easily.**



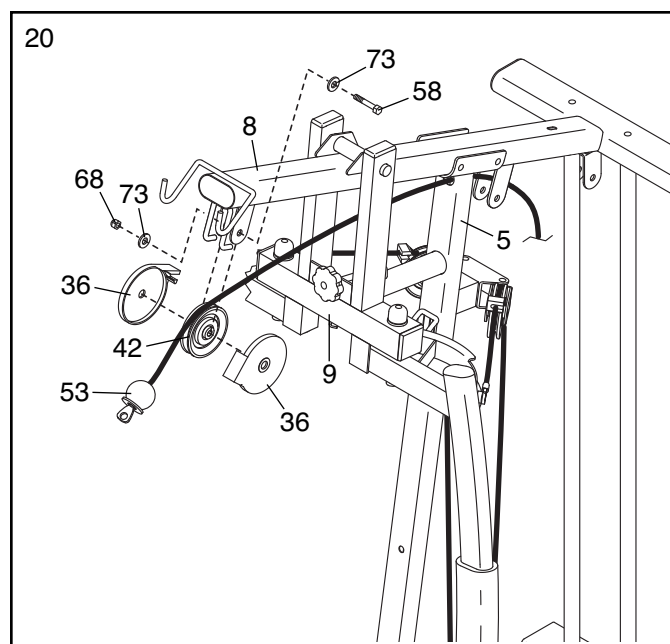
20. See the CABLE DIAGRAM on page 27 and identify the High Cable (53).

Route the High Cable (53) over a Pulley (42).

Attach the Pulley (42) and two Pulley Covers (36) to the front bracket on the Top Frame (8) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Pulley Covers (36) are holding the High Cable (53) in the groove of the Pulley (42).

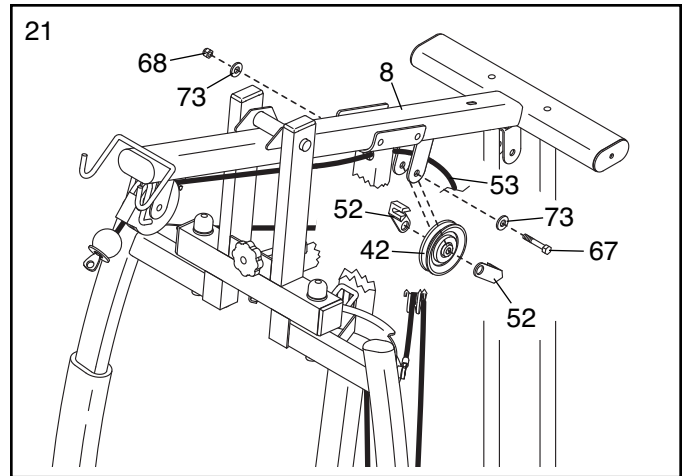
Then, route the High Cable (53) through the Arm Frame (9) and through the Upright (5) as shown.



21. Route the High Cable (53) through the center bracket on the Top Frame (8).

Attach a Pulley (42) and two Cable Guides (52) to the center bracket on the Top Frame (8) with an M10 x 52mm Bolt (67), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Cable Guides (52) are holding the High Cable (53) in the groove of the Pulley (42).

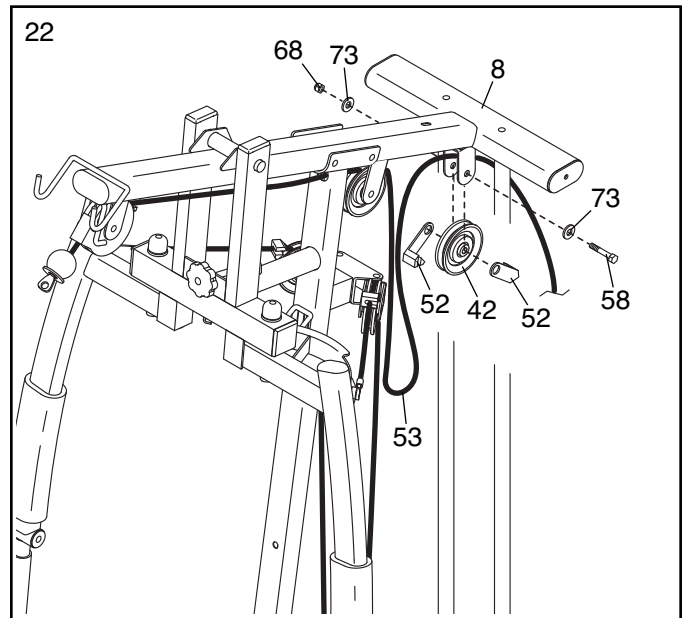


22. Route the High Cable (53) through the rear bracket on the Top Frame (8).

Attach a Pulley (42) and two Cable Guides (52) to the rear bracket on the Top Frame (8) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Cable Guides (52) are holding the High Cable (53) in the groove of the Pulley (42).

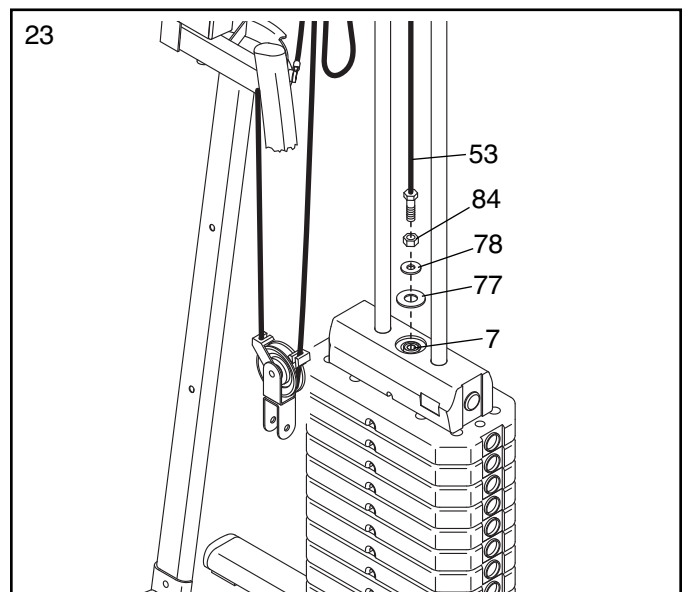
Then, pull the High Cable (53) downward between the center and rear brackets on the Top Frame (8) so that there is slack in the High Cable. **The slack will be used in step 24.**



23. Thread a 1/2" Nut (84) all of the way onto the High Cable (53).

Place a 26mm Washer (77) and a 13mm Washer (78) on top of the Weight Selector (7).

Tighten the High Cable (53) three quarters of the way into the Weight Selector (7). Then, tighten the 1/2" Nut (84) against the 13mm Washer (78).

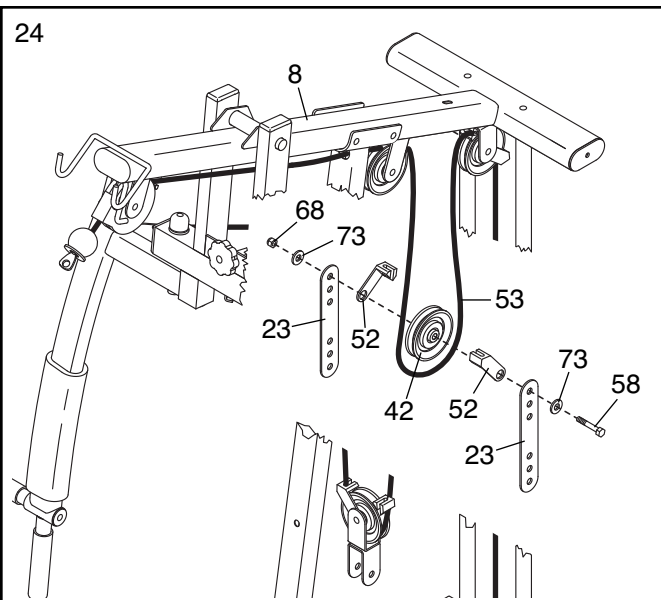


24. Locate the High Cable (53) hanging between the center and rear brackets on the Top Frame (8).

Hold a Pulley (42) on the High Cable (53).

Attach the Pulley (42) and two Cable Guides (52) between the highest holes in the two Pulley Plates (23) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Cable Guides (52) are holding the High Cable (53) in the groove of the Pulley (42).

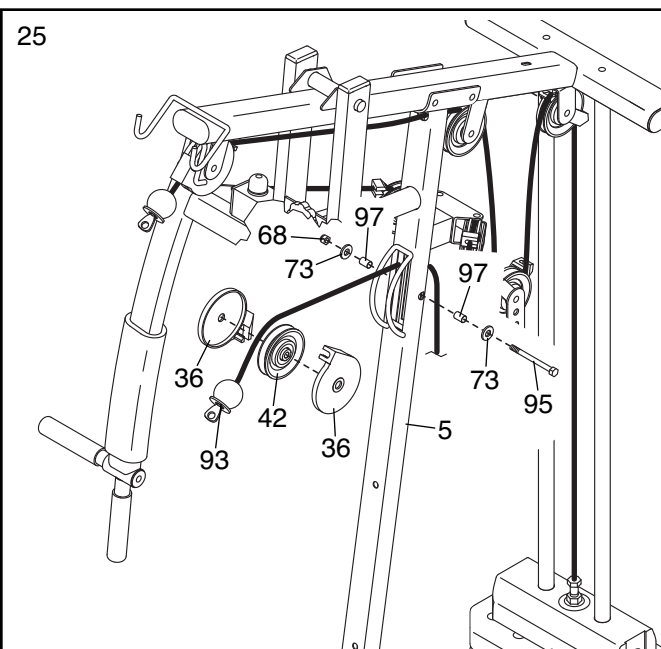


25. See the CABLE DIAGRAM on page 27 and identify the Ab Cable (93).

Route the Ab Cable (93) through the Upright (5) as shown.

Next, route the Ab Cable (93) over a Pulley (42). Attach the Pulley and two Pulley Covers (36) inside the Upright (5) with an M10 x 85mm Bolt (95), two M10 Washers (73), two 22mm Spacers (97), and an M10 Locknut (68).

Make sure that the Pulley Covers (36) are holding the Ab Cable (93) in the groove of the Pulley (42).

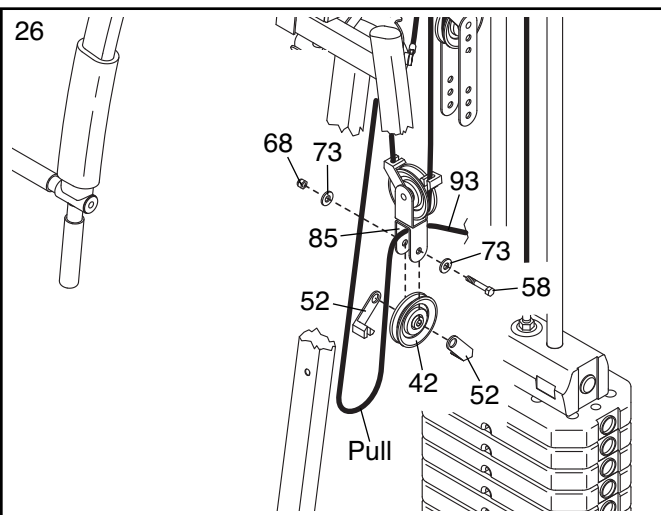


26. Route the Ab Cable (93) over a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) to the Offset Double U-bracket (85) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Cable Guides (52) are holding the Ab Cable (93) in the groove of the Pulley (42).

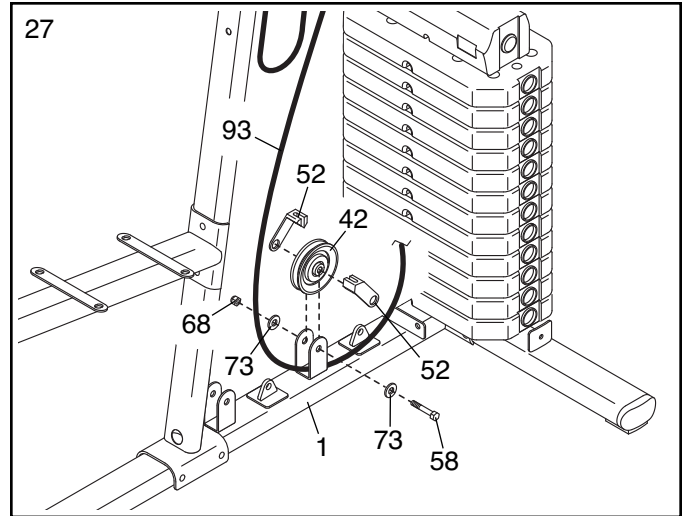
Then, pull the Ab Cable (93) downward in the indicated location so that there is slack in the Ab Cable. **The slack will be used in step 30.**



27. Route the Ab Cable (93) under a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) to the rear bracket on the Long Base (1) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

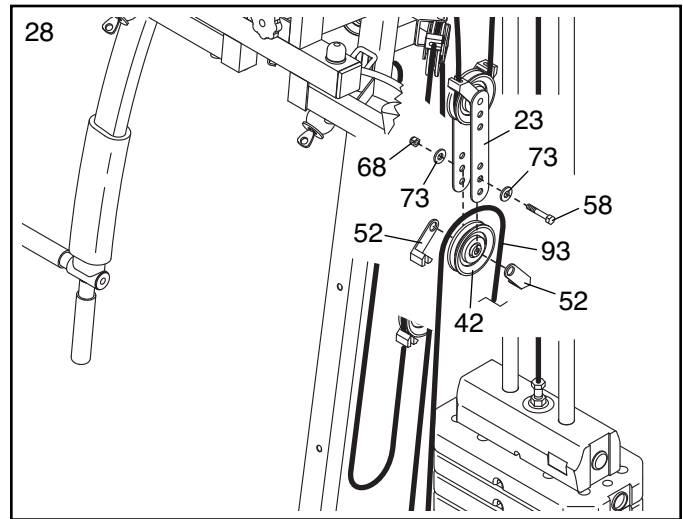
Make sure that the Cable Guides (52) are holding the Ab Cable (93) in the groove of the Pulley (42).



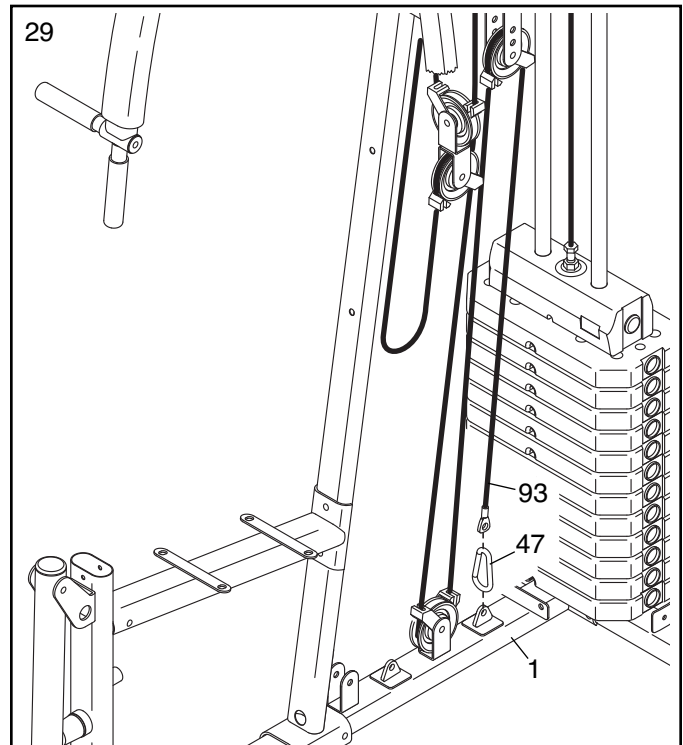
28. Route the Ab Cable (93) over a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) between the indicated holes in the two Pulley Plates (23) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Cable Guides (52) are holding the Ab Cable (93) in the groove of the Pulley (42).



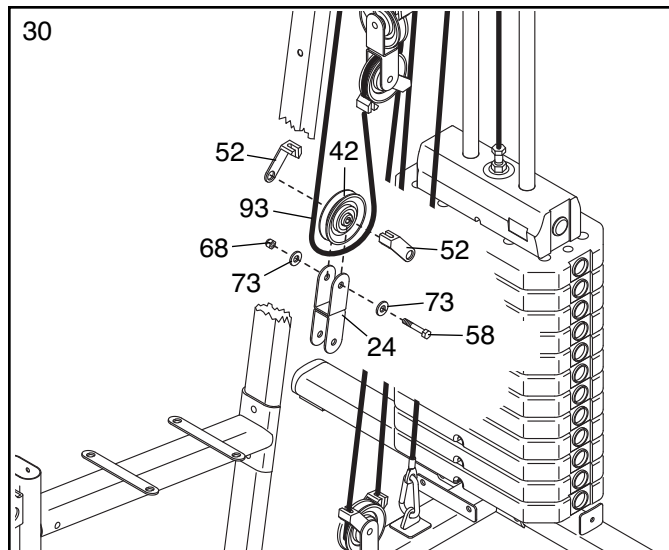
29. Attach the Ab Cable (93) to the rear eyelet on the Long Base (1) with a Cable Clip (47).



30. Hold a Pulley (42) on the Ab Cable (93) in the indicated location.

Attach the Pulley (42) and two Cable Guides (52) to the Double U-bracket (24) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Cable Guides (52) are holding the Ab Cable (93) in the groove of the Pulley (42).



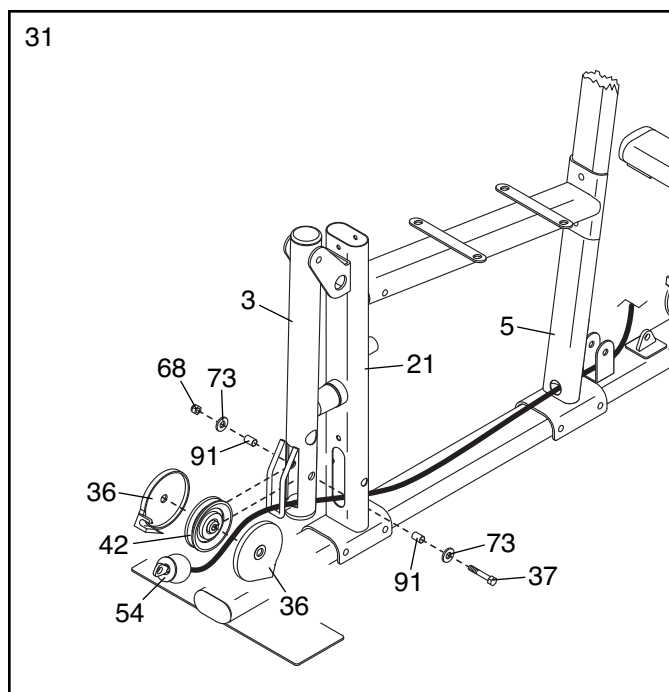
31. See the CABLE DIAGRAM on page 27 and identify the Low Cable (54).

Route the Low Cable (54) through the Leg Lever (3), through the Leg (21), and through the Upright (5) as shown.

Next, route the Low Cable (54) under a Pulley (42).

Attach the Pulley (42) and two Pulley Covers (36) inside the Leg Lever (3) with an M10 x 65mm Bolt (37), two M10 Washers (73), two 12mm Spacers (91), and an M10 Locknut (68).

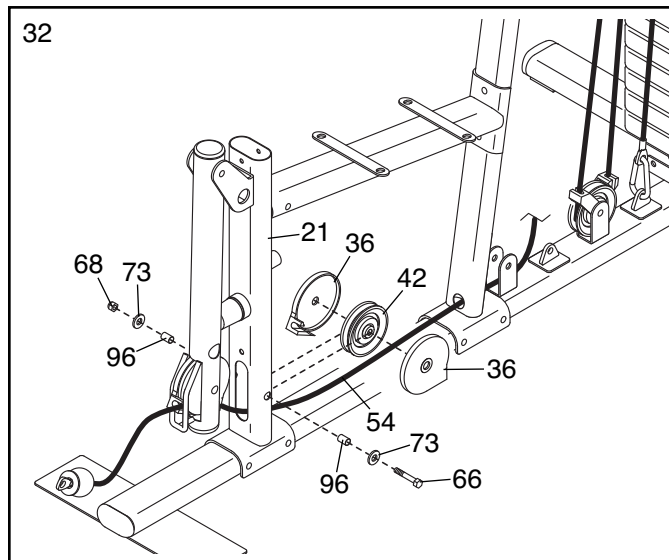
Make sure that the Pulley Covers (36) are holding the Low Cable (54) in the groove of the Pulley (42).



32. Route the Low Cable (54) under a Pulley (42).

Attach the Pulley (42) and two Pulley Covers (36) inside the Leg (21) with an M10 x 95mm Bolt (66), two M10 Washers (73), two 27mm Spacers (96), and an M10 Locknut (68).

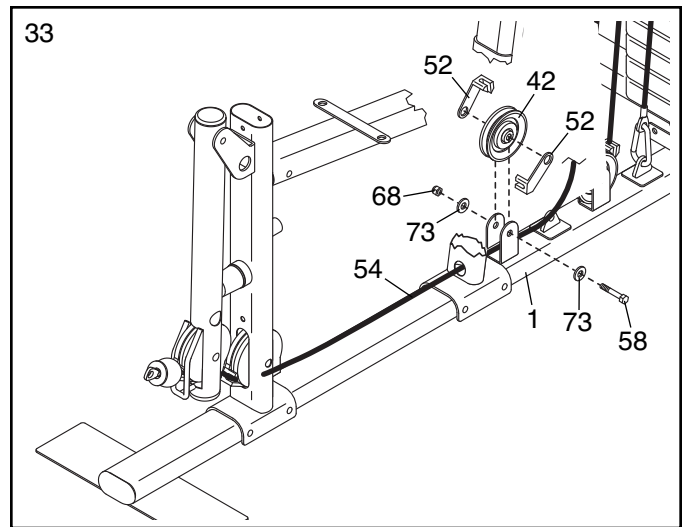
Make sure that the Pulley Covers (36) are holding the Low Cable (54) in the groove of the Pulley (42).



33. Route the Low Cable (54) under a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) to the front bracket on the Long Base (1) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

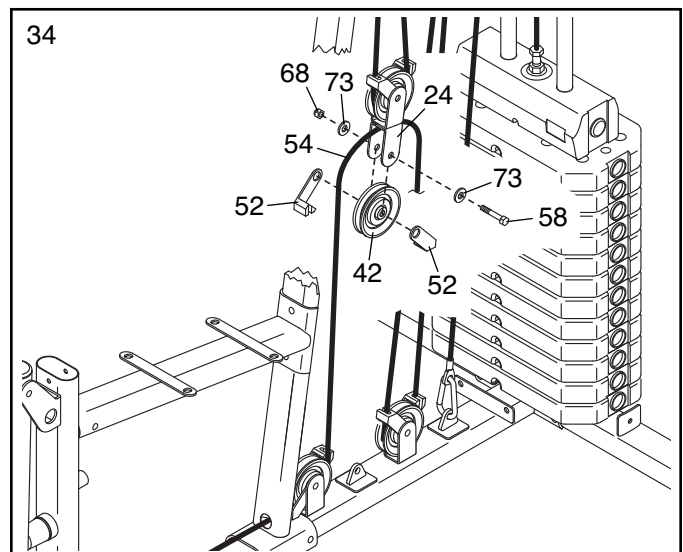
Make sure that the Cable Guides (52) are holding the Low Cable (54) in the groove of the Pulley (42).



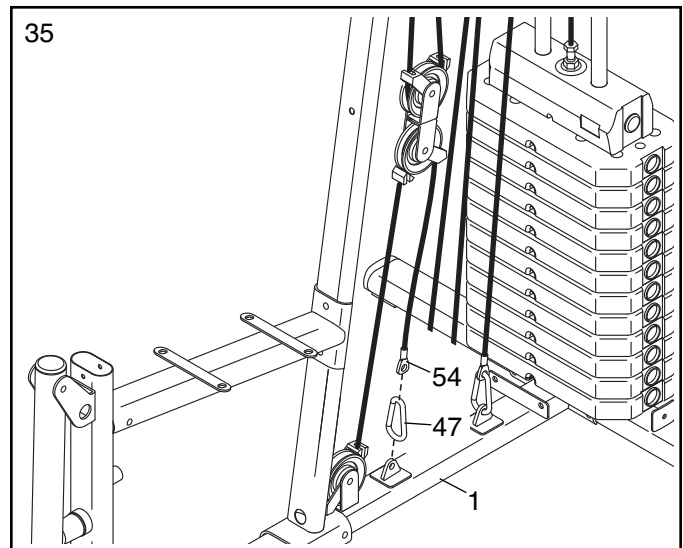
34. Route the Low Cable (54) over a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) to the Double U-bracket (24) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

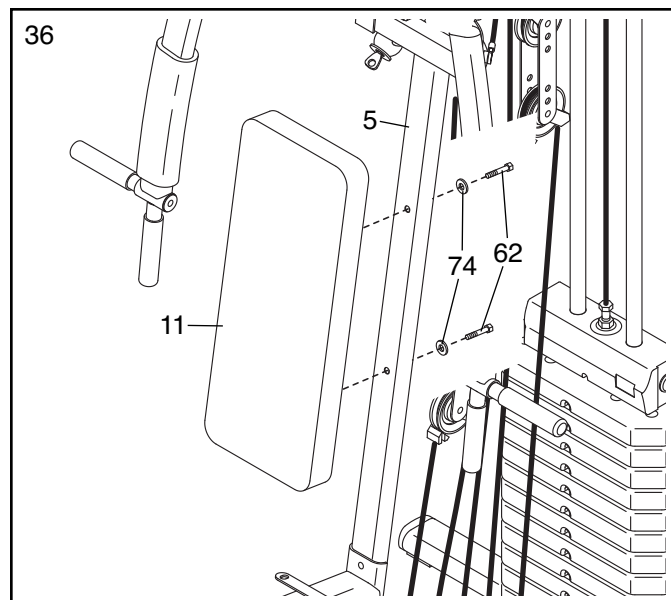
Make sure that the Cable Guides (52) are holding the Low Cable (54) in the groove of the Pulley (42).



35. Attach the Low Cable (54) to the front eyelet on the Long Base (1) with a Cable Clip (47).

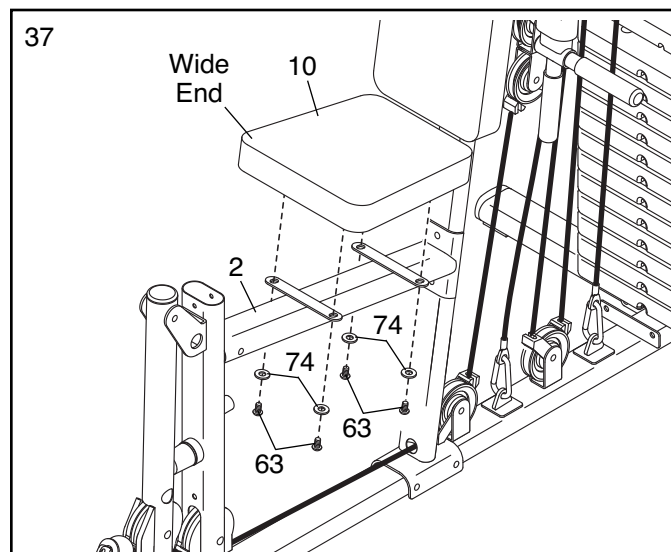


36. Attach the Backrest (11) to the Upright (5) with two M8 x 42mm Bolts (62) and two Small M8 Washers (74).



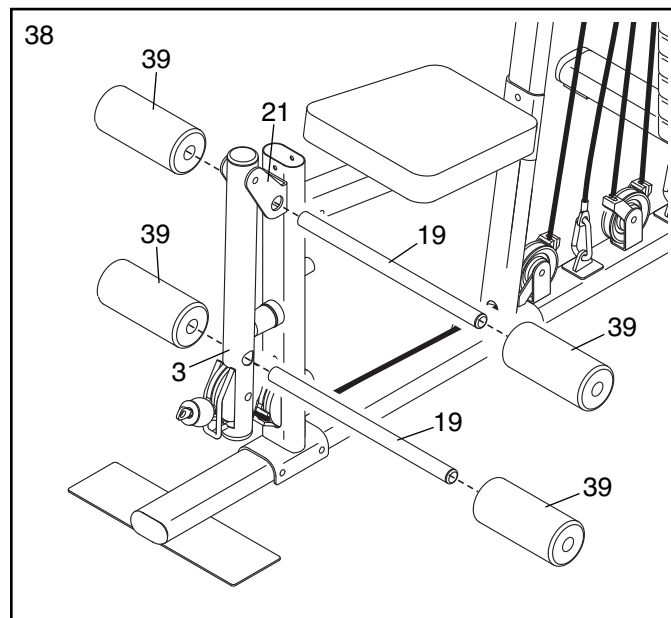
37. Orient the Seat (10) so that the wide end is in the indicated position.

Attach the Seat (10) to the Seat Frame (2) with four M8 x 16mm Screws (63) and four Small M8 Washers (74).



38. Insert a Pad Tube (19) through the bracket on the Leg (21). Slide two Small Foam Pads (39) onto the Pad Tube.

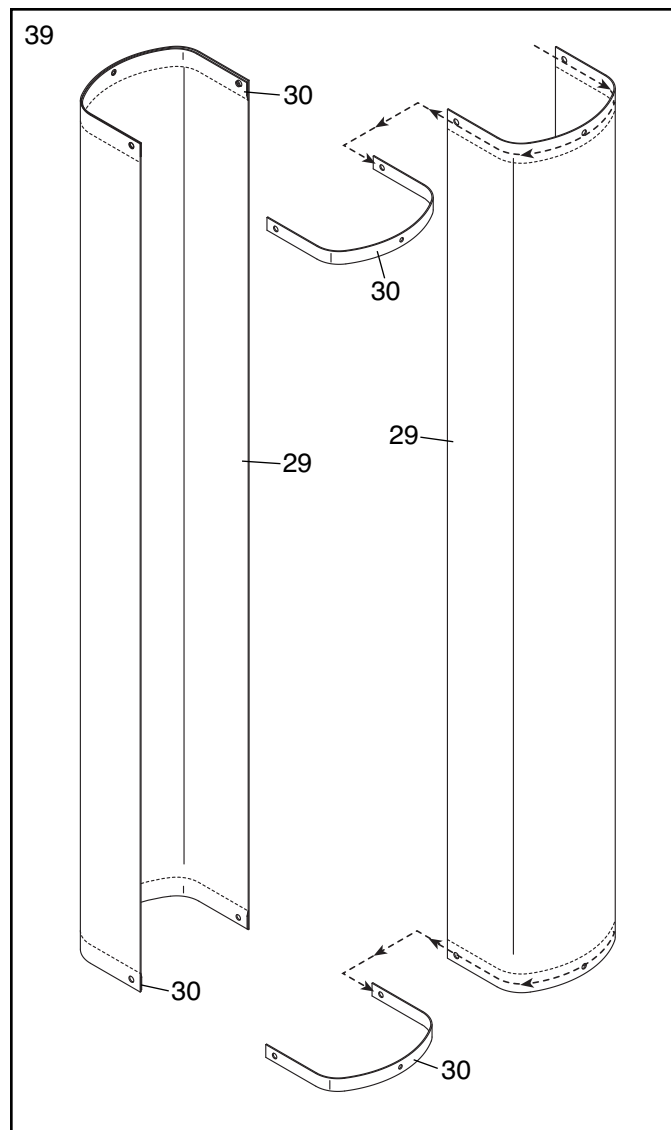
Next, insert the other Pad Tube (19) through the Leg Lever (3). Slide two Small Foam Pads (39) onto the Pad Tube.



39. Slide the upper end of a Shroud (29) onto a Shroud Bracket (30).

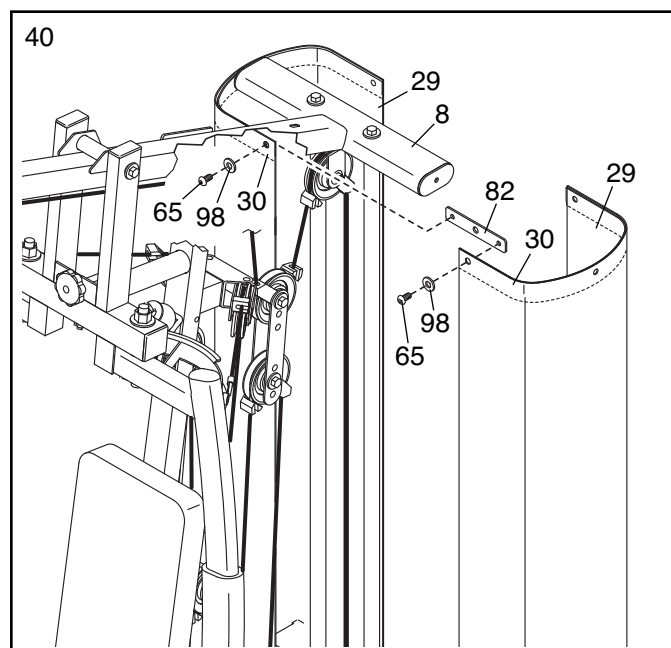
Then, slide the lower end of the Shroud (29) onto a Shroud Bracket (30).

Repeat this step for the other Shroud (29).



40. Have a second person hold the Shrouds (29) and the upper Shroud Brackets (30) around the rear of the Top Frame (8).

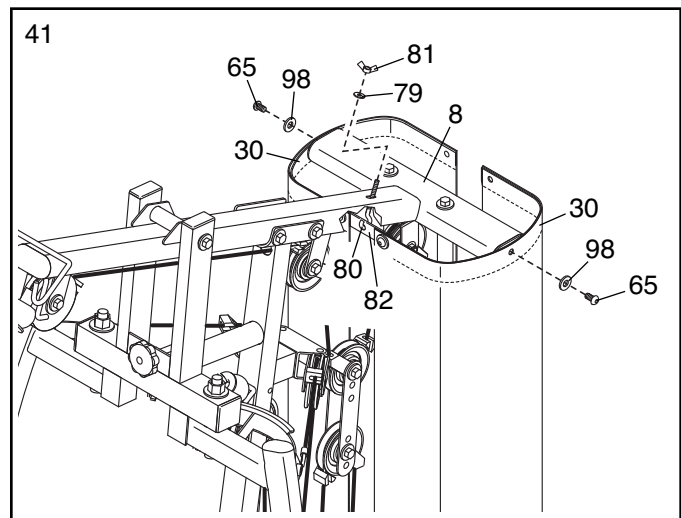
Attach the front of each upper Shroud Bracket (30) to the Shroud Plate (82) with an M8 x 20mm Screw (65) and a Large M8 Washer (98).



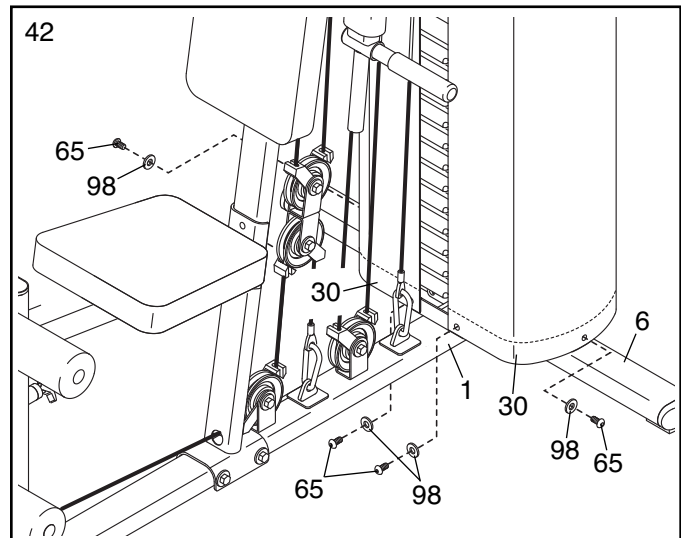
41. Insert the hook on the J-bolt (80) into the center hole in the Shroud Plate (82).

Next, insert the J-bolt (80) upward through the Top Frame (8). Tighten the Wingnut (81) and the M6 Washer (79) onto the end of the J-bolt.

Then, attach each upper Shroud Bracket (30) to the Top Frame (8) with an M8 x 20mm Screw (65) and a Large M8 Washer (98).



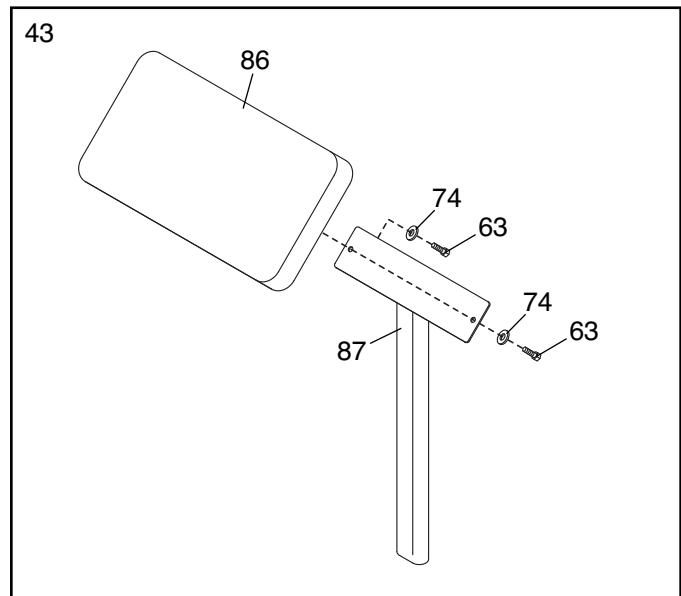
42. Attach the lower Shroud Brackets (30) to the Short Base (6) and to the Long Base (1) with four M8 x 20mm Screws (65) and four Large M8 Washers (98).



43. Attach the Curl Pad (86) to the Curl Post (87) with two M8 x 16mm Screws (63) and two Small M8 Washers (74).

44. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 23.

IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. Pull each cable a few times to make sure that the cable moves smoothly around the pulleys. If a cable does not move smoothly, see the CABLE DIAGRAM on page 27, and find and correct the problem. If there is any slack in the cables, see MAINTENANCE on page 26.



ADJUSTMENT

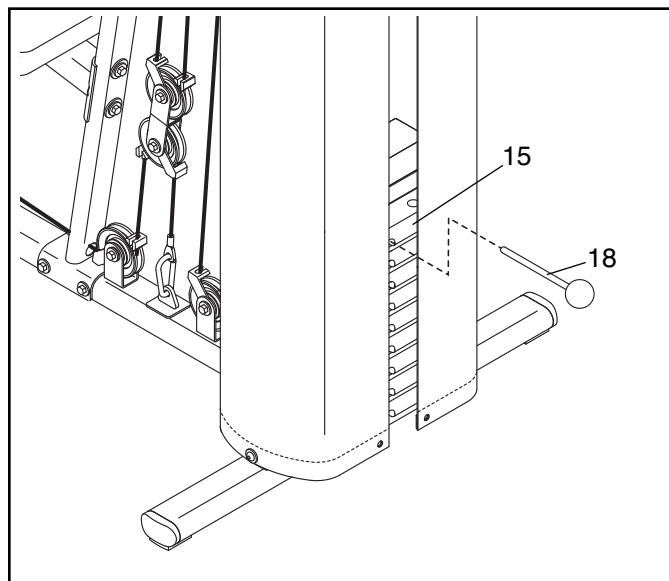
This section explains how to adjust the weight system. See the **EXERCISE GUIDELINES** on page 28 for important information about how to get the most benefit from your exercise program.

Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight system.**

ADJUSTING THE RESISTANCE

To change the amount of resistance during your workout, insert the Weight Pin (18) into the desired Weight (15) in the weight stack. **Make sure to fully insert the Weight Pin.**

Note: The amount of resistance at each exercise station may vary from the weight setting. Use the **WEIGHT RESISTANCE CHART** on page 25 to find the approximate amount of resistance for each weight station.

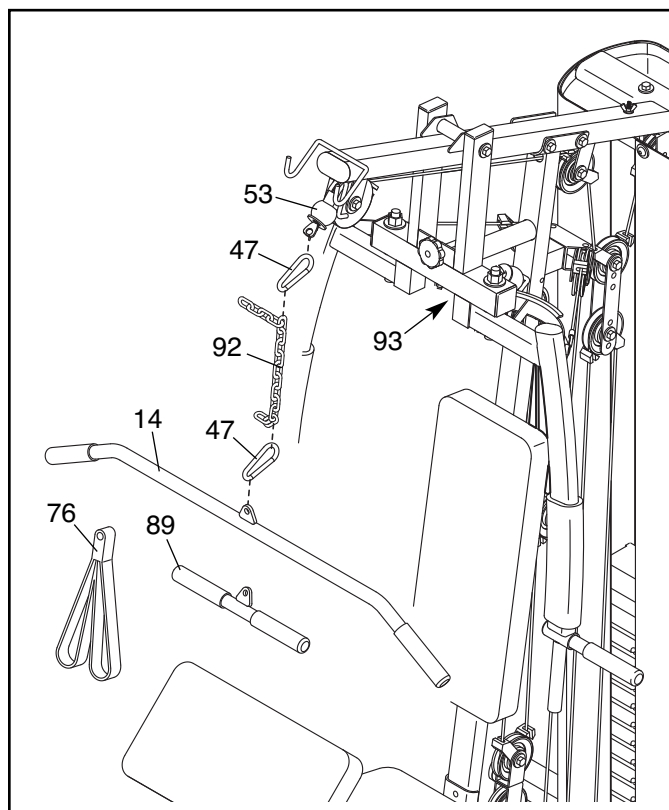


ATTACHING THE ACCESSORIES TO THE PULLEY STATIONS

Attach the Lat Bar (14) to the High Cable (53) at the high pulley station with a Cable Clip (47). For some exercises, attach the Chain (92) between the Lat Bar and the Cable with two Cable Clips. Adjust the length of the Chain between the Lat Bar and the Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.

Attach the Ab Handle (76) to the Ab Cable (93) or attach the Rower Bar (89) to the Low Cable (not shown) in the same way.

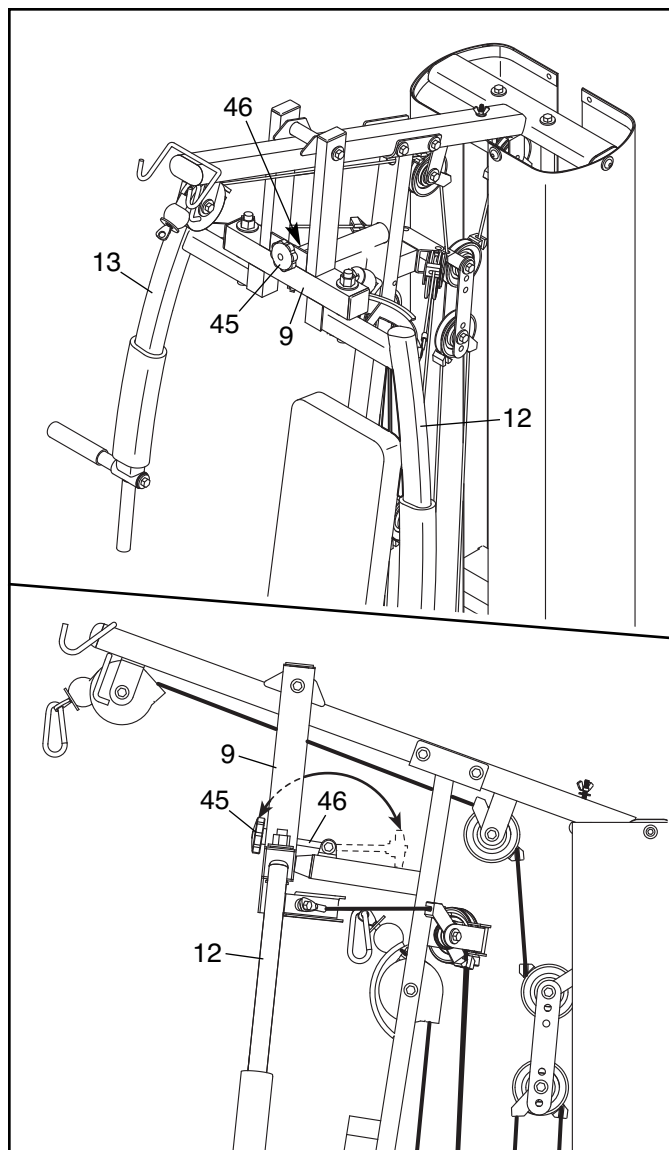
Always disconnect the Lat Bar (14) and the Rower Bar (89) from the weight system when performing an exercise that does not require them.



CONVERTING THE ARMS

To use the Arms (12, 13) as butterfly arms, pivot the Lock Rod (46) into the groove in the Arm Frame (9) and tighten the Lock Knob (45).

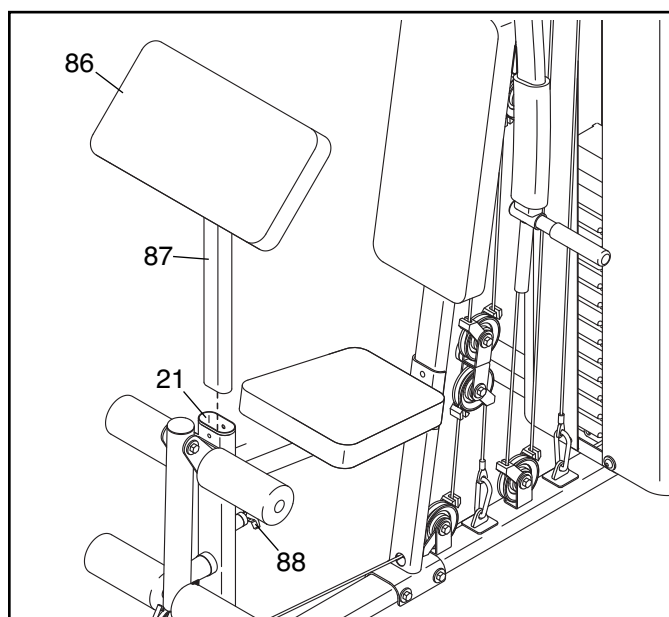
To use the Arms (12, 13) as press arms, loosen the Lock Knob (45) and pivot the Lock Rod (46) out of the groove in the Arm Frame (9).



USING THE CURL PAD

To use the Curl Pad (86), pull the Curl Knob (88), and insert the Curl Post (87) into the Leg (21). Move the Curl Post upward or downward to the desired position, and slowly release the Curl Knob. **Then, move the Curl Post upward or downward slightly to make sure that the Curl Knob is engaged in one of the adjustment holes.**

Before performing an exercise that does not require the Curl Pad (86), pull the Curl Knob (88) and remove the Curl Post (87). Store the Curl Pad away from the weight system.



WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. The numbers in the left column refer to the 11-lb. weights. **Note: The actual resistance at each station may vary due to differences in individual weights and due to friction between the cables, pulleys, and weight guides.**

Number of Weights	High Pulley Station (lbs.)	Ab Pulley Station (lbs.)	Butterfly Arm (lbs.)	Press Arm (lbs.)	Low Pulley Station (lbs.)
1	33	35	28	38	36
2	43	45	39	42	46
3	53	56	47	50	56
4	64	65	48	53	68
5	73	71	58	60	79
6	85	83	63	65	89
7	98	98	73	74	101
8	112	108	76	80	115
9	123	112	83	85	128
10	133	121	88	92	143
11	149	134	95	98	153
12	158	147	101	103	161

Note: 1 lb. = 0.45 kg

MAINTENANCE

Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. **Do not use solvents to clean the weight system.**

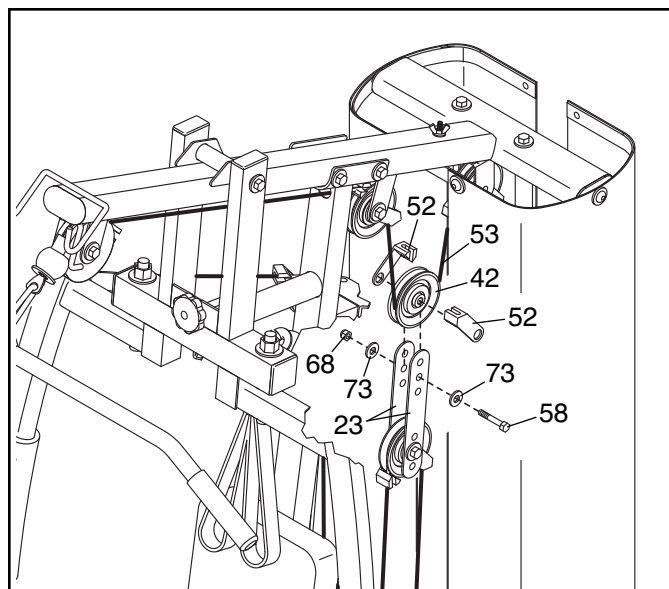
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from the cables several ways:

To tighten the cables, you must change the position of the upper Pulley (42) attached to the Pulley Plates (23).

Remove the M10 Locknut (68), the two M10 Washers (73), and the M10 x 50mm Bolt (58) from the Pulley Plates (23). Next, remove the Pulley (42) and the two Cable Guides (52).

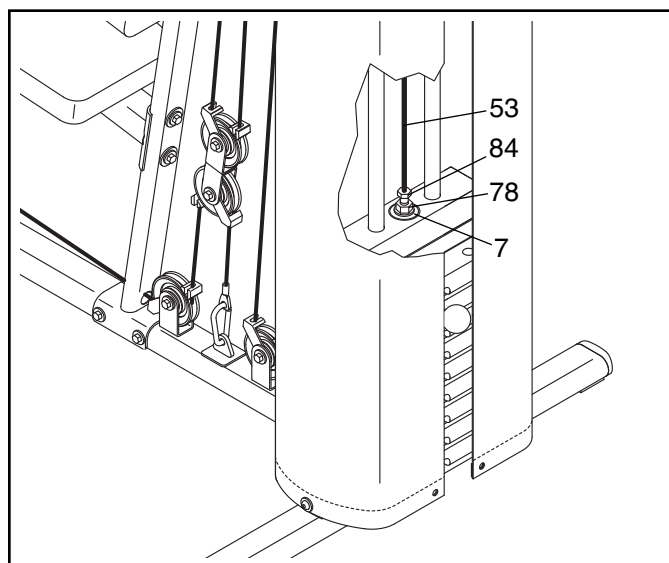
Reattach the Pulley (42) and the Cable Guides (52) to the Pulley Plates (23) using a lower set of holes in the Pulley Plates. **Make sure that the Cable Guides are holding the High Cable (53) in the groove of the Pulley.**



If you have tightened the cables as described above and there is still slack in the cables, tighten the High Cable (53) further into the Weight Selector (7) as described below.

Loosen the 1/2" Nut (84) on the High Cable (53). Next, tighten the High Cable into the Weight Selector (7) until the slack is removed from the High Cable.

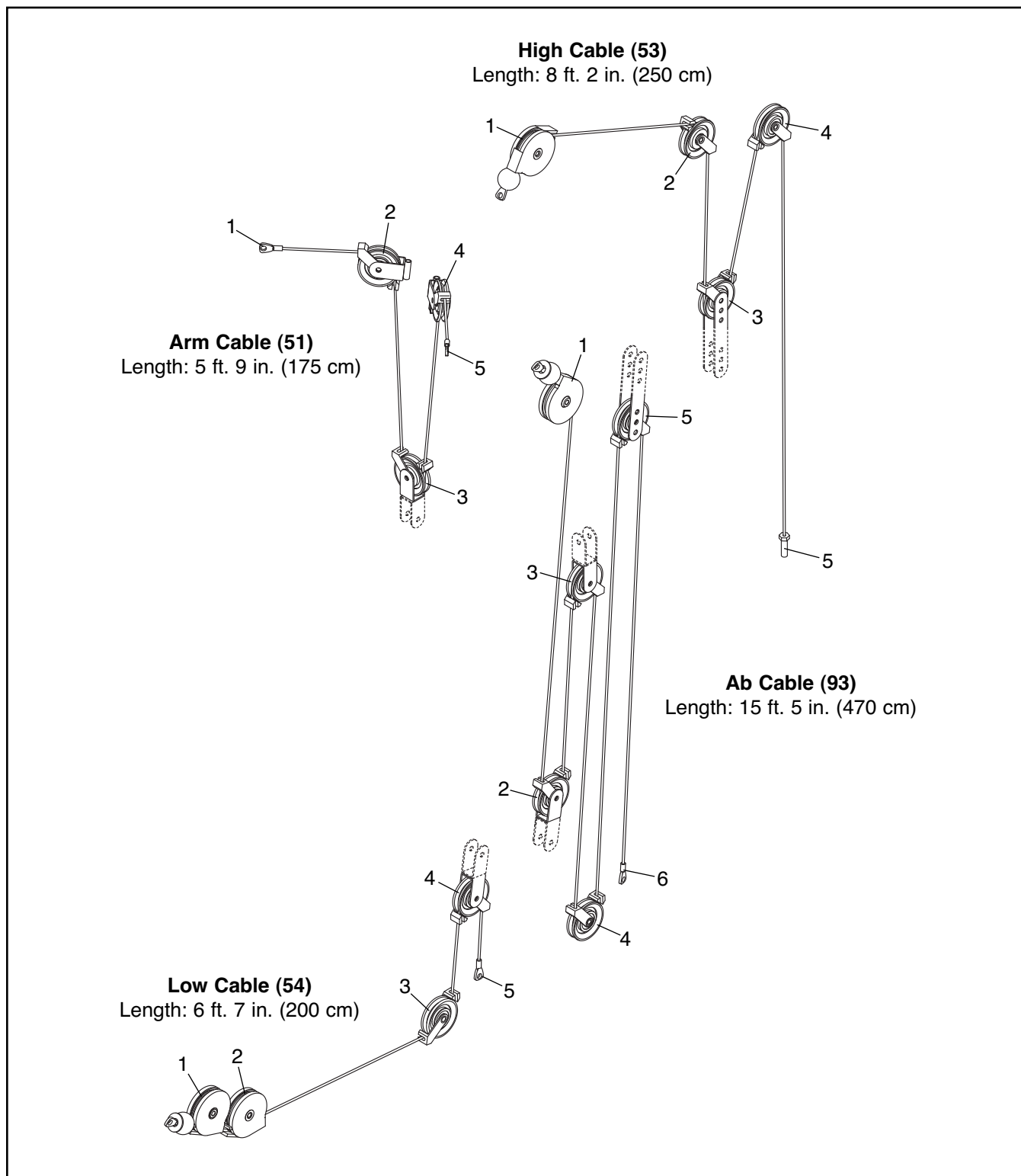
Then, retighten the 1/2" Nut (84) against the 13mm Washer (78).



Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper route for that cable. Use the diagram to make sure that the cables and the cable guides are assembled correctly. If the cables are not assembled correctly, the weight system will not function properly and damage may occur.



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each

workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each strength workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

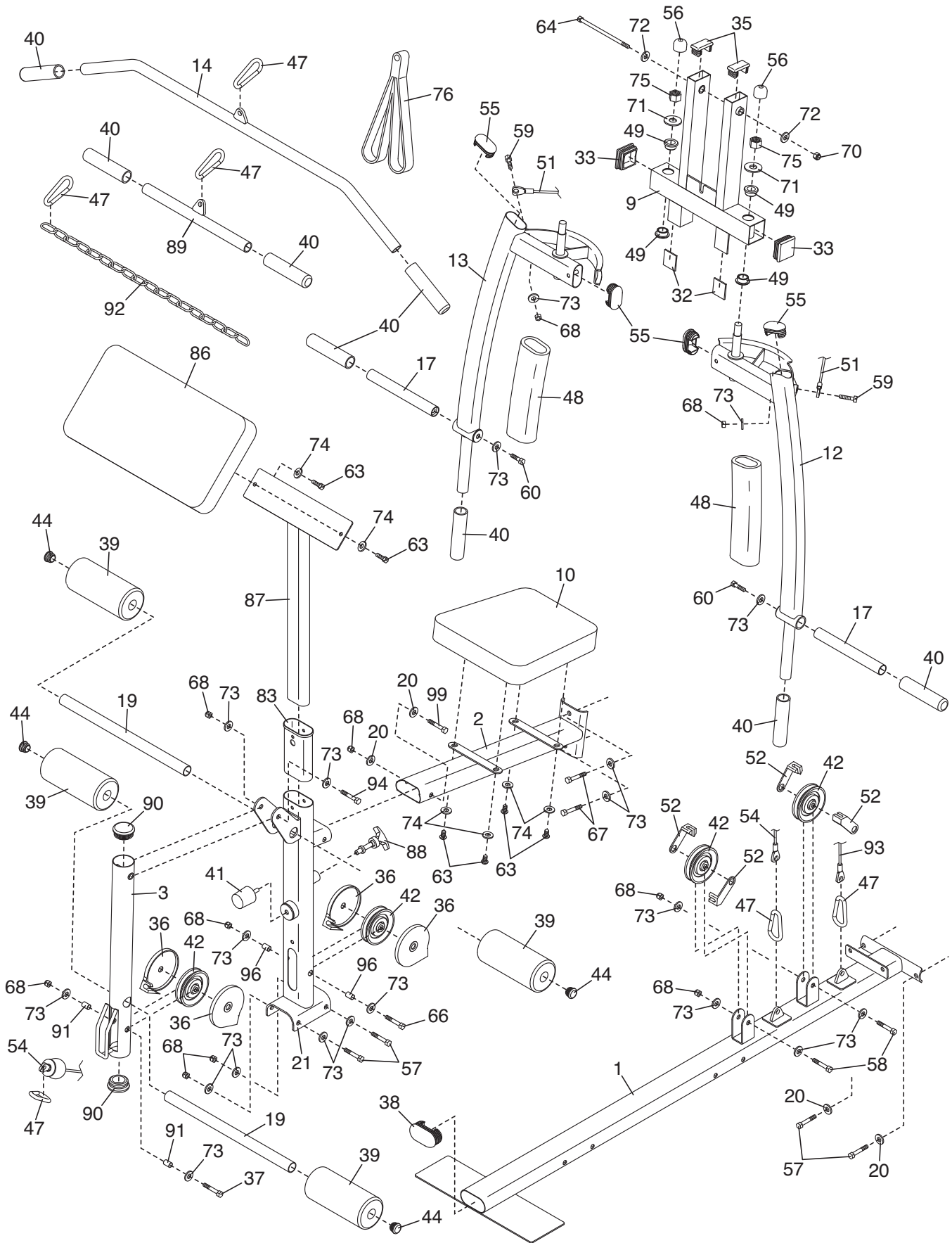
PART LIST—Model No. WEEVSY2909.0

R1209A

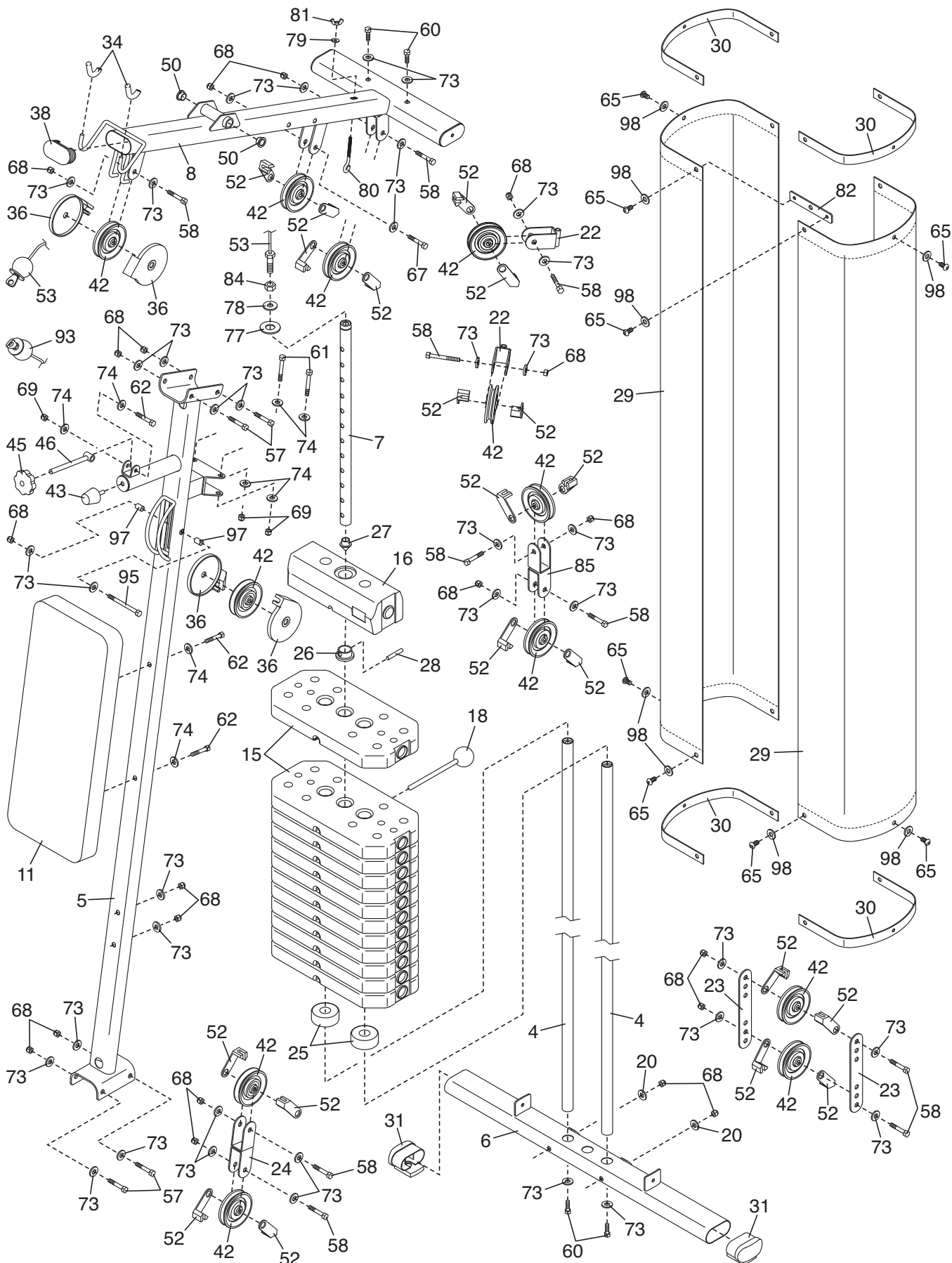
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Long Base	53	1	High Cable
2	1	Seat Frame	54	1	Low Cable
3	1	Leg Lever	55	4	30mm x 60mm Inner Cap
4	2	Weight Guide	56	2	5/8" Domed Cap
5	1	Upright	57	8	M10 x 103mm Bolt
6	1	Short Base	58	12	M10 x 50mm Bolt
7	1	Weight Selector	59	2	M10 x 32mm Bolt
8	1	Top Frame	60	6	M10 x 25mm Screw
9	1	Arm Frame	61	2	M8 x 63mm Bolt
10	1	Seat	62	3	M8 x 42mm Bolt
11	1	Backrest	63	6	M8 x 16mm Screw
12	1	Left Arm	64	1	1/2" x 7" Bolt
13	1	Right Arm	65	8	M8 x 20mm Screw
14	1	Lat Bar	66	1	M10 x 95mm Bolt
15	12	Weight	67	3	M10 x 52mm Bolt
16	1	Top Weight	68	30	M10 Locknut
17	2	Handle	69	3	M8 Locknut
18	1	Weight Pin	70	1	1/2" Locknut
19	2	Pad Tube	71	2	5/8" Washer
20	6	M10 Curved Washer	72	2	1/2" Washer
21	1	Leg	73	58	M10 Washer
22	2	U-bracket	74	14	Small M8 Washer
23	2	Pulley Plate	75	2	5/8" Locknut
24	1	Double U-bracket	76	1	Ab Handle
25	2	Weight Bumper	77	1	26mm Washer
26	1	Top Weight Bushing	78	1	13mm Washer
27	1	Weight Selector Cap	79	1	M6 Washer
28	1	Bushing Pin	80	1	J-bolt
29	2	Shroud	81	1	Wingnut
30	4	Shroud Bracket	82	1	Shroud Plate
31	2	Short Base Cap	83	1	Curl Post Bushing
32	2	Arm Bumper	84	1	1/2" Nut
33	2	50mm Square Inner Cap	85	1	Offset Double U-bracket
34	2	Lat Bar Rest Cover	86	1	Curl Pad
35	2	25mm x 50mm Inner Cap	87	1	Curl Post
36	8	Pulley Cover	88	1	Curl Knob
37	1	M10 x 65mm Bolt	89	1	Rower Bar
38	2	40mm x 80mm Inner Cap	90	2	50mm Round Inner Cap
39	4	Small Foam Pad	91	2	12mm Spacer
40	8	Handgrip	92	1	Chain
41	1	Leg Lever Bumper	93	1	Ab Cable
42	16	Pulley	94	1	M10 x 75mm Bolt
43	1	Arm Frame Bumper	95	1	M10 x 85mm Bolt
44	4	25mm Round Inner Cap	96	2	27mm Spacer
45	1	Lock Knob	97	2	22mm Spacer
46	1	Lock Rod	98	8	Large M8 Washer
47	6	Cable Clip	99	1	M10 x 93mm Bolt
48	2	Large Foam Pad	*	—	Assembly Tool
49	4	Large Metal Bushing	*	—	User's Manual
50	2	Small Metal Bushing	*	—	Exercise Guide
51	1	Arm Cable	*	—	Grease Packet
52	24	Cable Guide			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING A—Model No. WEEVSY2909.0 R1209A



EXPLODED DRAWING B—Model No. WEEVSY2909.0 R1209A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)